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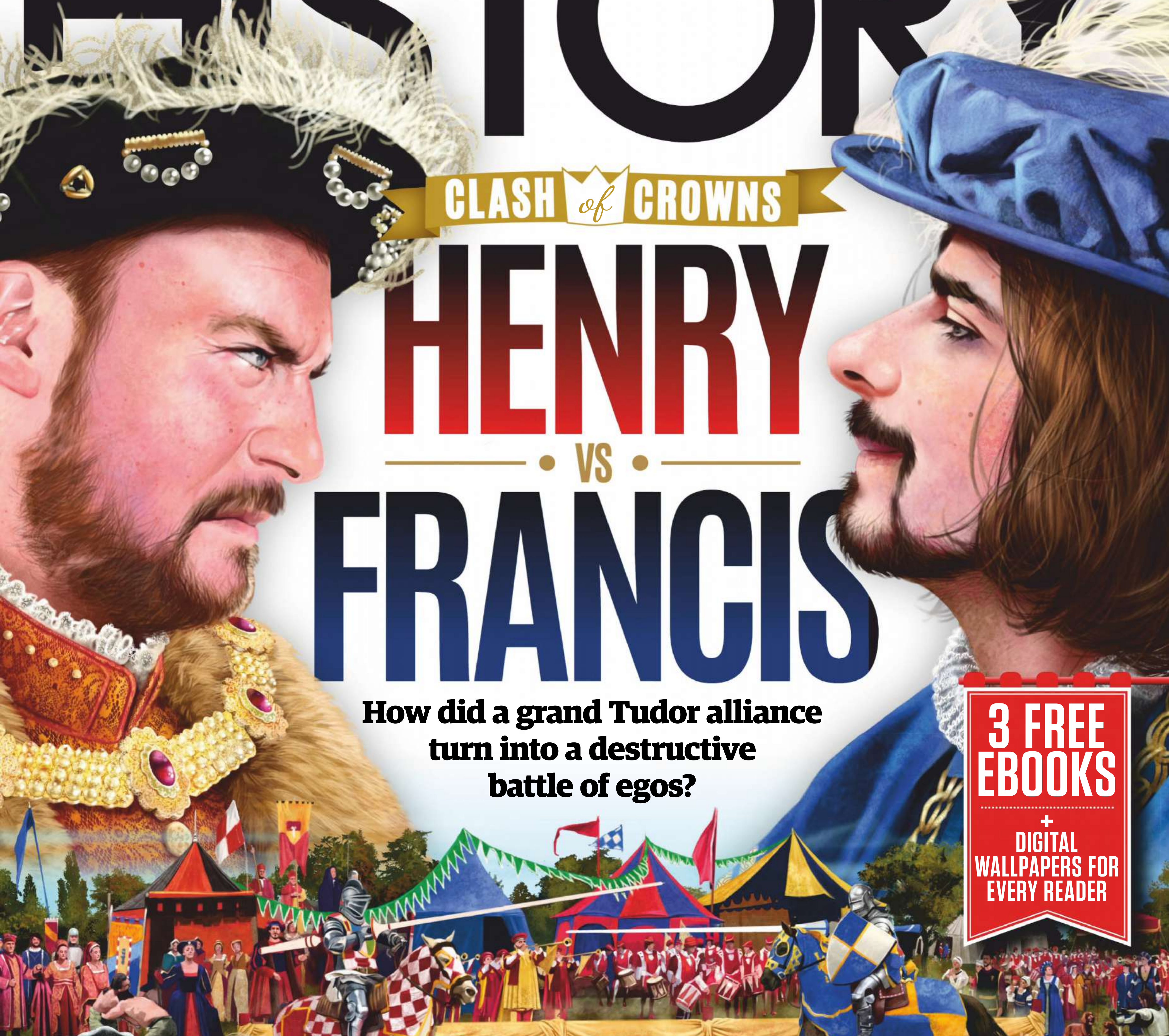
From nuns to modern medicine



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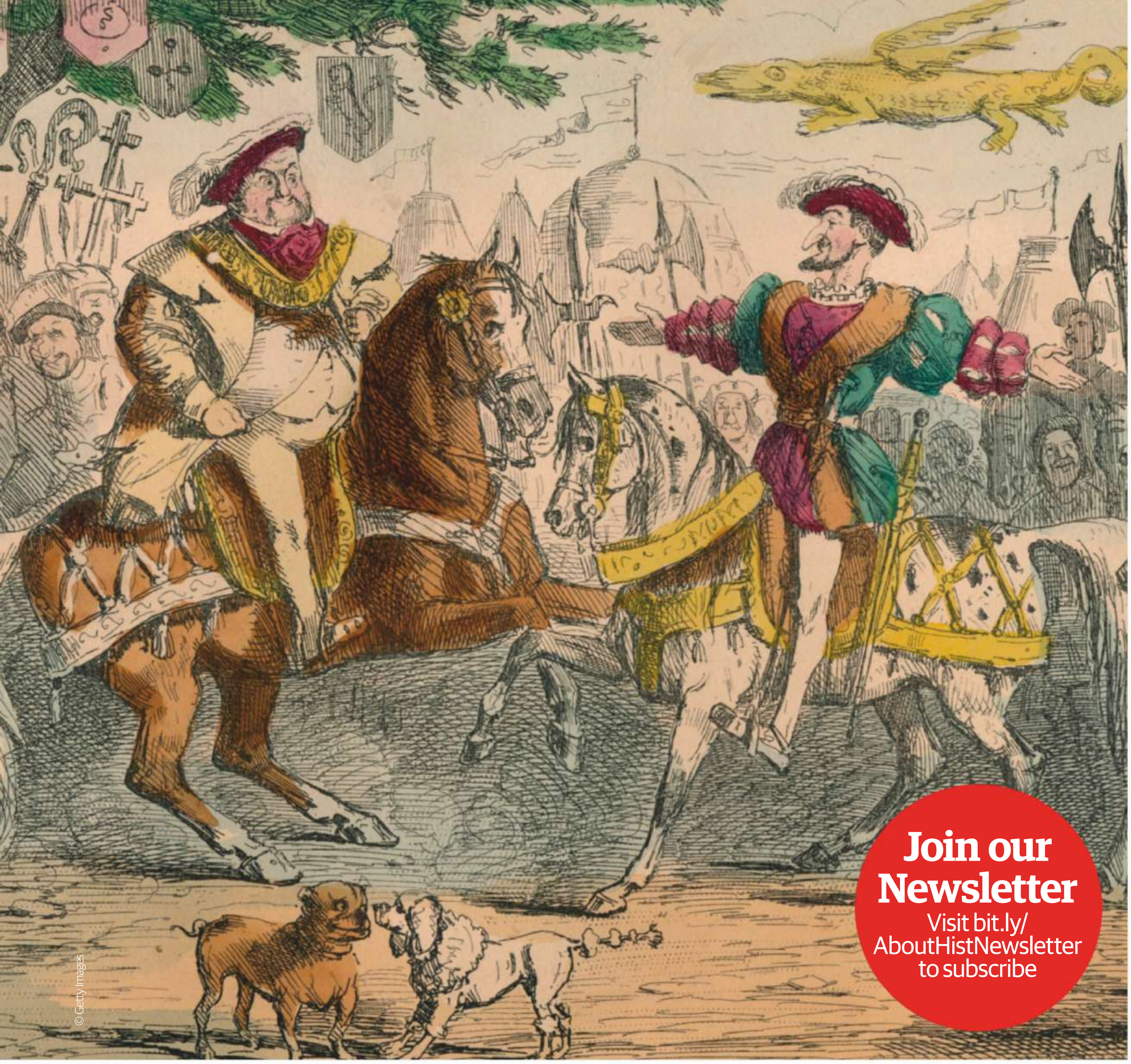
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The Field of Cloth of Gold was supposed to bring about a new era of peace between England and France, but became more about the personal competition between the monarchs

Welcome

This issue we lead with one of our perennial historical characters, Henry VIII. He's among the most written about men in history, so we wanted to tackle him in a slightly different way this time around. As this June marks the 500th anniversary of the Field of Cloth of Gold we wanted to take a look at the English monarch through the prism of his sometime ally and often enemy Francis I of France. These two kings have a number of similarities in their lives (neither likely to be king from birth, both of similar ages, both yearning for significance in the Renaissance age) and this makes their meeting a curious subject to look at.

Comparing these two kings in contrast to one another offers some interesting insights into the paths each of them followed and I hope it will bring you a new spin on some history you may think you knew pretty well already. Elsewhere, I was delighted to have Professor Paul Cartledge return for an interview on Thebes' famous elite force the Sacred Band and to speak with Robert Henderson about the London life of Lenin before the Russian Revolution. Plus, we sought some advice from the rationing era for how best to stretch our food and clothing in troubled times. Seemed like that could prove quite handy. I hope you enjoy these and the other features this issue. Thanks, as always, for your continued interest and support.

Jonathan Gordon
Editor

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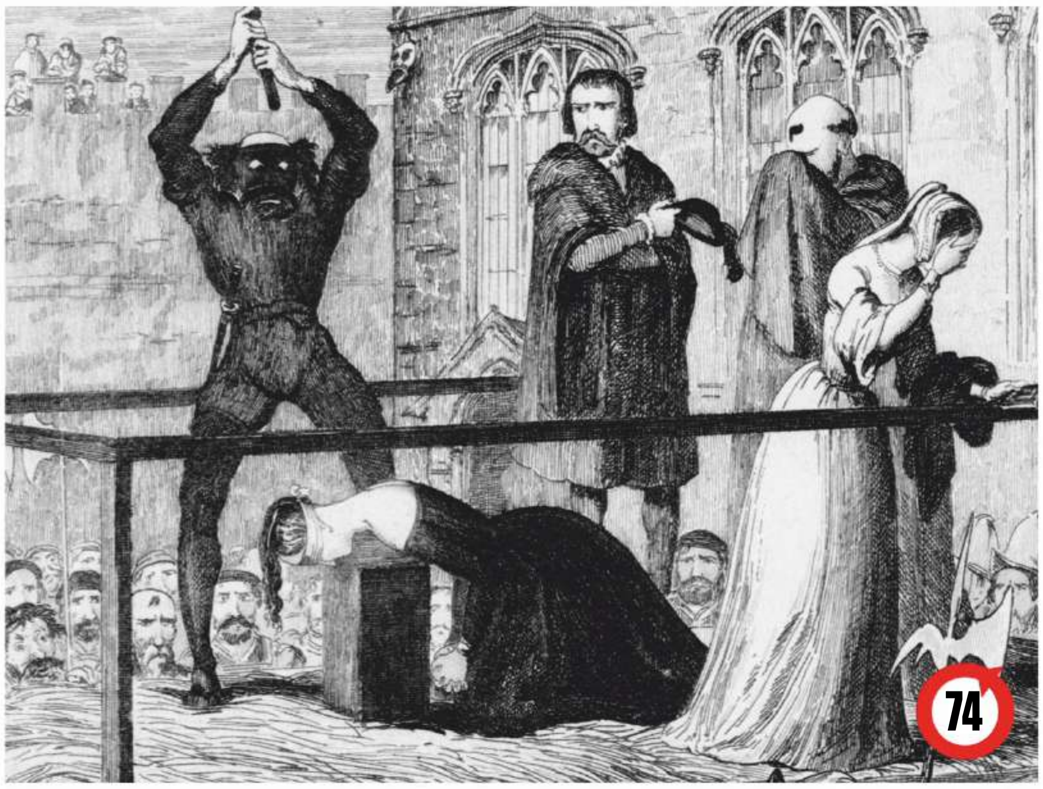

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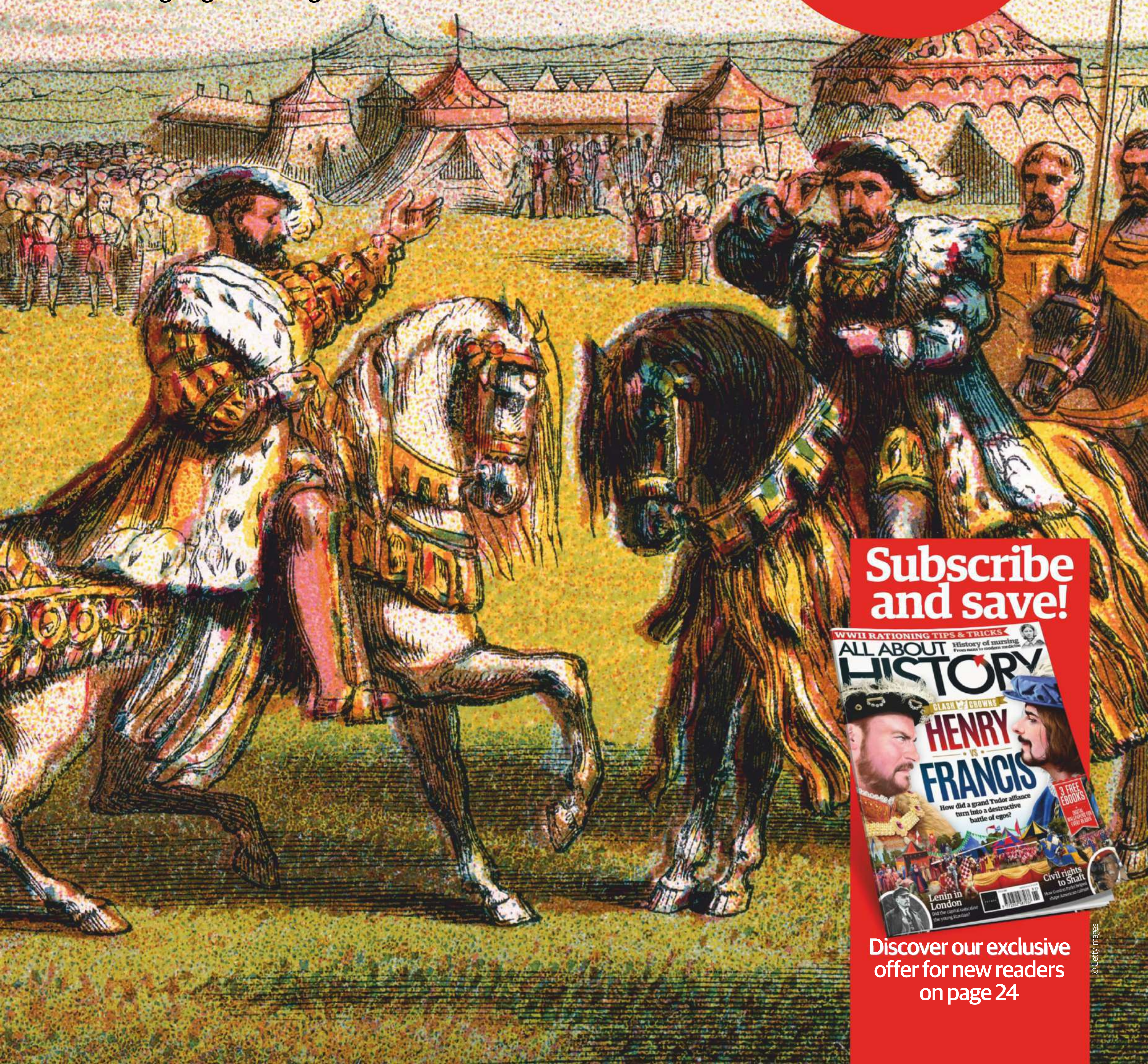
Henry VIII vs Francis I

How did a grand Tudor alliance dissolve into an ongoing clash of egos?



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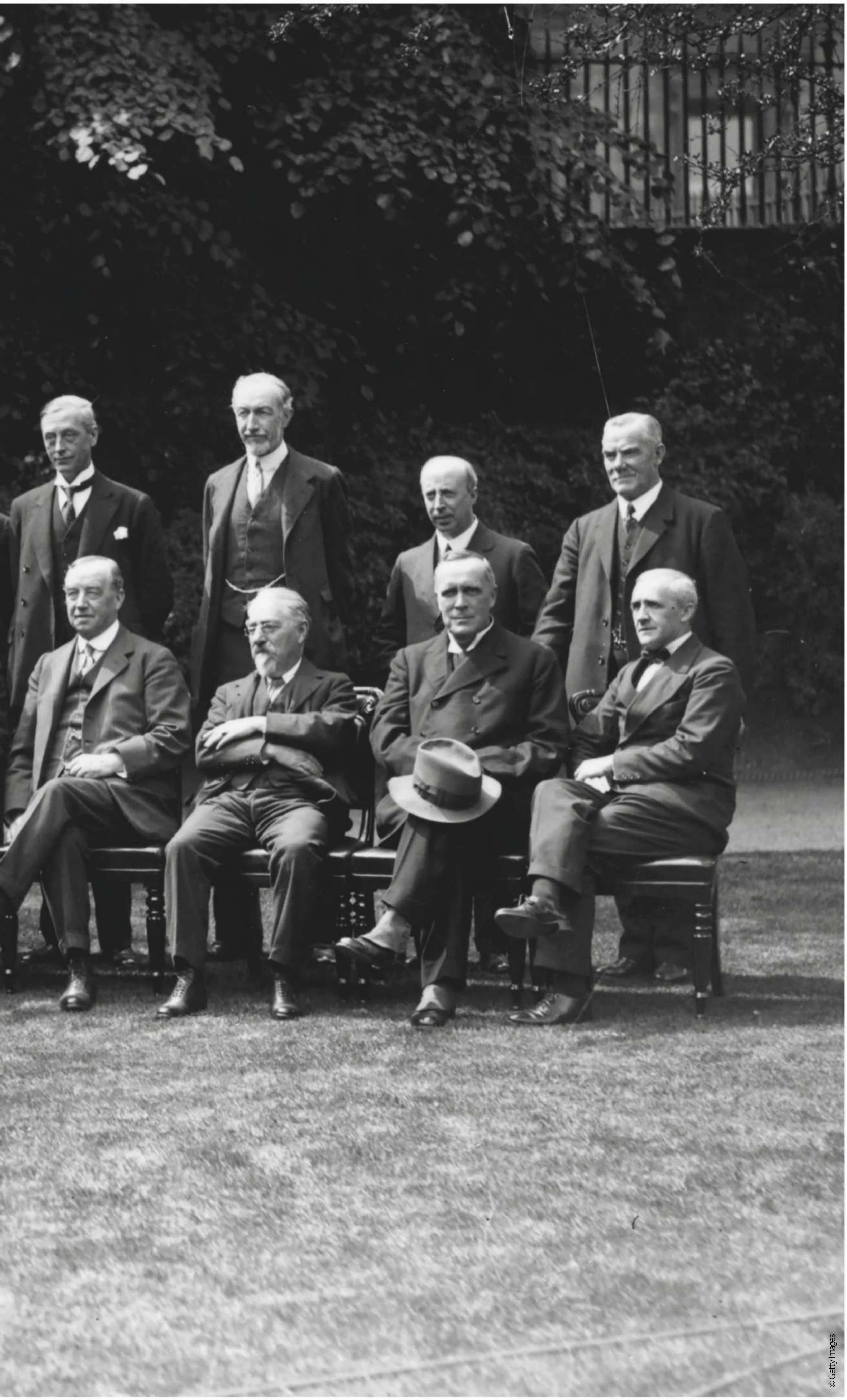

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8 June 1929

BRITAIN'S FIRST FEMALE CABINET MINISTER

On this day, Margaret Bondfield was appointed minister of labour, becoming the first woman to attain cabinet rank in British history. She is pictured here two days later, in the back row, gathered in the garden of 10 Downing Street with the rest of the cabinet of the second Labour government, following their first meeting.

© Getty Images

5 June 1956

ELVIS DEBUTS *HOUND DOG*

Elvis Presley performed his version of the classic rock 'n' roll hit on *The Milton Berle Show* for the first time in 1956, which was also his first appearance on television without a guitar. However, his hip-shaking performance was slammed by critics, who considered it to be vulgar and believed it would encourage juvenile delinquency.

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ALL ABOUT NURSES

Celebrating the long history of nursing from nuns to modern medicine and the pioneers to whom we owe so much

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Written by Jessica Leggett, Callum McKelvie, Jonathan Gordon

A history of nursing

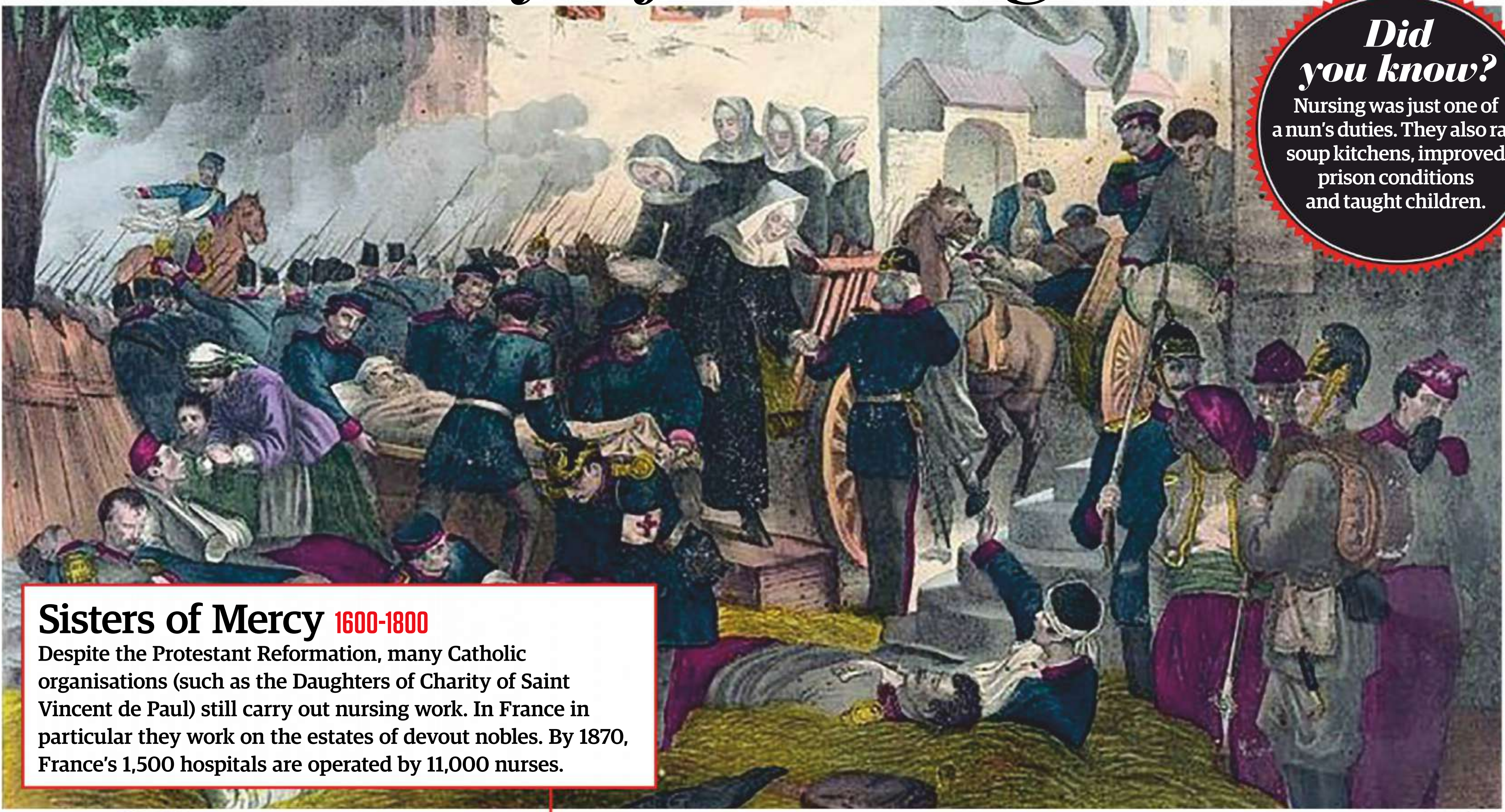


Image source: wiki/Library of Congress

Did you know?

Nursing was just one of a nun's duties. They also ran soup kitchens, improved prison conditions and taught children.

Sisters of Mercy 1600-1800

Despite the Protestant Reformation, many Catholic organisations (such as the Daughters of Charity of Saint Vincent de Paul) still carry out nursing work. In France in particular they work on the estates of devout nobles. By 1870, France's 1,500 hospitals are operated by 11,000 nurses.

Image source: wiki/HistoryLink101

FIRST GENERAL HOSPITAL C.390 CE

Saint Fabiola founds the first general hospital in Rome. Fabiola cares for patients herself, even those rejected from society due to disease.

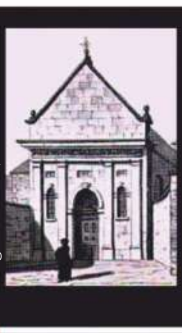


Image source: wiki/John Drake

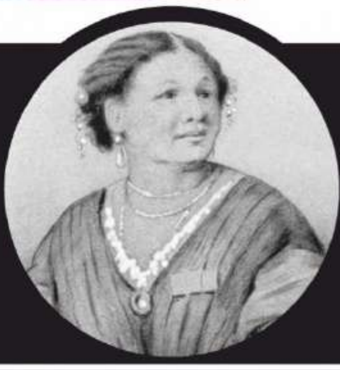
JEANNE MANCE FOUNDS HÔTEL-DIEU DE MONTRÉAL 1645

Jeanne Mance founds North America's first hospital in Quebec. Over successive centuries it sees the first removal of a kidney, tongue and jaw, and the first identification of an AIDS patient.

Image source: wiki/mixedfolks.com

BIRTH OF MARY SEACOLE 1805

British-Jamaican Mary Seacole is born. She will go on to become a nursing pioneer, setting up a hotel in the Crimea to help the sick and wounded.



268 BCE — C.1517 — 1600 — 1805

ASHOKA'S HOSPITALS 268-232 BCE

Indian Emperor Ashoka creates a series of public hospitals to give food and medicine to travellers. Skilled physicians were there to administer these.

PROTESTANT REFORMATION C.1517

Protestants, led by Martin Luther, close the many Catholic-run hospitals. For the next two centuries there is no recognisable nursing system, though many organisations continue the tradition.

Image source: wiki/Walters Art Museum

SISTERS OF CHARITY 1654-1656

Catholic Sisters of Charity (like those of the aforementioned Vincent de Paul) make huge differences caring for the wounded at numerous battlefields.

Deaconess Motherhouses

1836

German minister Theodor Fliedner opens the first Deaconess Motherhouse in Kaiserworth. Women join for five years of service, providing personal care. The practice spreads around Europe and to Britain.

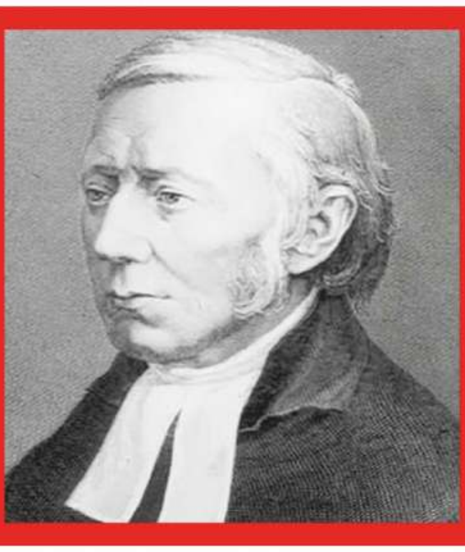


Image source: wiki/Stadtmuseum Dusseldorf

Florence Nightingale and the Crimean War 1854

Regarded as the founder of modern nursing, Nightingale comes to prominence when she is appointed to oversee the introduction of female nurses in the Crimean War. Despite initial resistance from the army, her nurses become invaluable. Noting the unclean hospitals, she introduces sanitary protocols that drastically reduce the mortality rate.

Image source: wiki/National Portrait Gallery

Did you know?

Nightingale would personally write letters to bereaved parents on behalf of soldiers who had died in her care

18+

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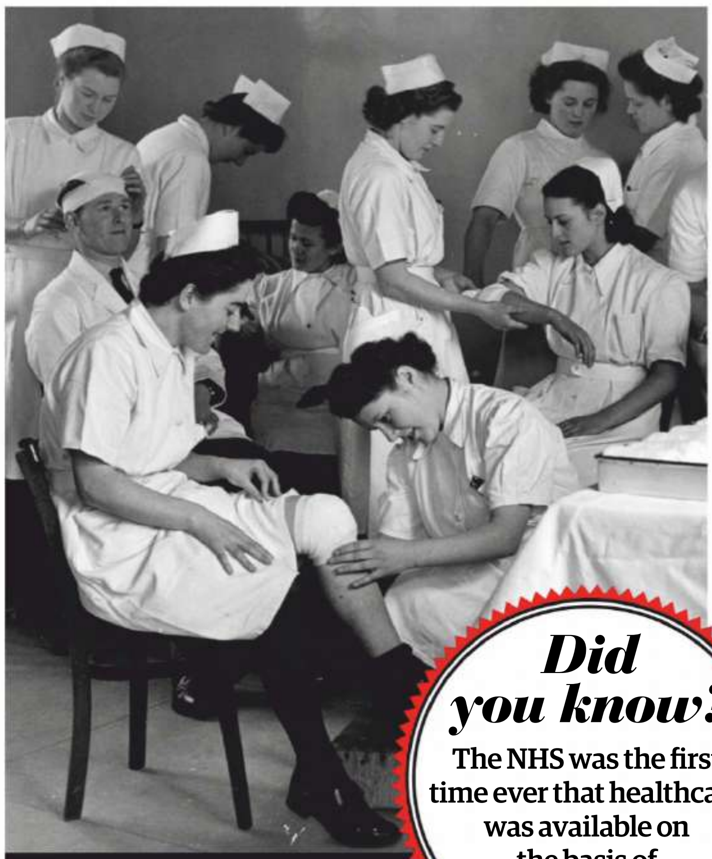
World War II 1939-1945

During the war, nurses have an important role and in 1941 are given a rank structure. The Ministry of Health pays trainee Nurses £40, almost double what pre-war voluntary hospitals had paid. In the US over 59,000 nurses provide their skills.

2x © Getty Images



Foundation of the NHS 1948

Following the end of World War II, it is decided health services in Britain should be available to the entire general public free of charge. Minister of health Aneurin 'Nye' Bevan launches the National Health Service on 5 July 1948, nationalising 2,751 of the UK's 3,000 hospitals.

Did you know?

The NHS was the first time ever that healthcare was available on the basis of citizenship

Image source: wiki/Google Books

FIRST AMERICAN NURSE 1873

Linda Richards becomes the first professionally trained American nurse, graduating from Florence Nightingale's training school.

CLARA BARTON FOUNDS THE AMERICAN RED CROSS 1881

Clara Barton founds the American Red Cross and becomes its first president. Self-taught, she is a key figure in American nursing.

Image source: wiki/National Park Service

VISITING NURSE SERVICE OF NEW YORK FOUNDED 1893

Lillian Wald begins what will become the Visiting Nurse Service, one of the largest not-for-profit and community-based organisations of its kind. Wald would also teach community healthcare classes.

1914

FOUNDATION OF THE RED CROSS 1863

Jean-Henri Dunant witnesses the Battle of Solferino and dedicates himself to forming an international voluntary relief organisation. In 1863 the Geneva Society begins putting his ideas into practice.

Image source: wiki/International Red Cross

ROYAL BRITISH NURSES' ASSOCIATION 1887

The Royal British Nurses' Association is created. Working in the same fashion as a union, it campaigns for a national register of nurses and for a national standard of training.

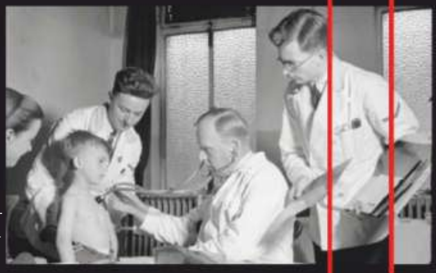


Image source: wiki/Imperial War Museum

MALE NURSES JOIN NATIONAL REGISTER 1951

Male nursing peaks during WWII before many return to their pre-war work. Those making it their career are finally able to join the national register.

World War I

1914-1918

During WWI 10,000 nurses enrol in Queen Alexandra's Imperial Military Nursing Service. There are also 74,000 Voluntary Aid Detachment nurses. These contributions to the war effort eventually lead to a Bill in 1919 that formerly establishes nursing regulations for Great Britain.

Image source: wiki/Wellcome Collection

Image source: wiki/RodW

Royal College of Nursing 1916

A membership organisation and trade union, the RCN is founded with the intent of representing nursing and nurses and to finally set up a national register. Over successive decades it pushes for nurses to be given more control and to secure a 48-hour working week for those in the profession.

INSIDE HISTORY

WWI FIELD HOSPITAL

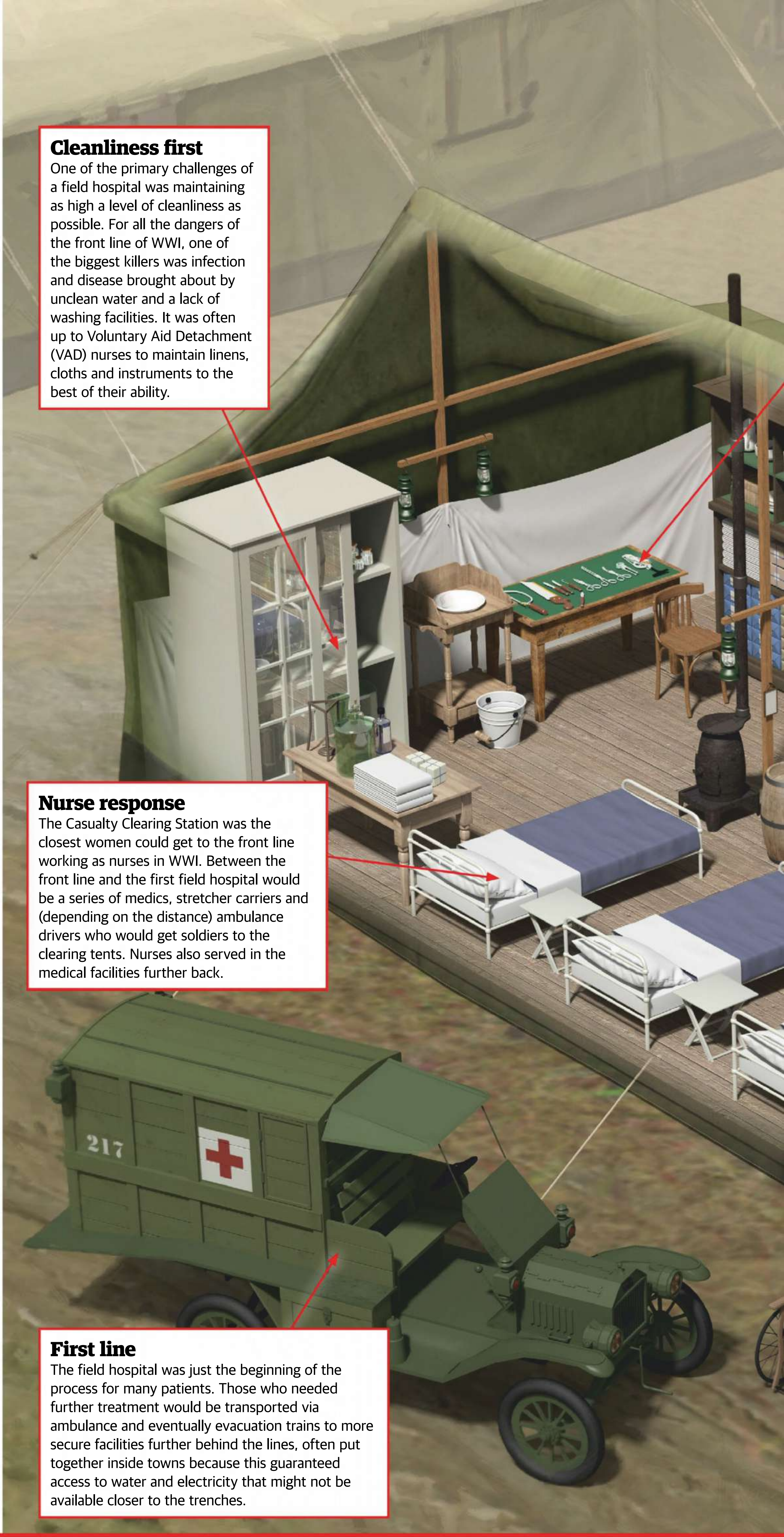
FRANCE, 1914-1918

The administration of medical aid on the front lines of war meant medics were a key division of all the armed services, but as WWI commenced this was still a relatively new concept. With the new mechanised nature of the battle, the need to treat injuries and rotate in and out fit soldiers was more important than ever and field hospitals became a crucial tool along with the role of triage to sort patients.

Triage was first used by French doctor Dominique Jean Larrey during the Napoleonic Wars and so it was from the French that others learned this method of streamlining their medical response. At first it was simply a case of sorting patients who could be saved from those who could not, but as WWI progressed a more sophisticated sorting pattern was introduced. The field hospital, often referred to as a Casualty Clearing Station, was where that decision was made and it was the place where nurses were closest to the front lines.

Thousands of nurses volunteered during WWI, often working in facilities that were within range of enemy artillery fire. The unhygienic conditions in the trenches made infection common, and getting wounded and sick soldiers to cleaner (although not necessarily entirely clean) tents further back from the front lines was paramount.

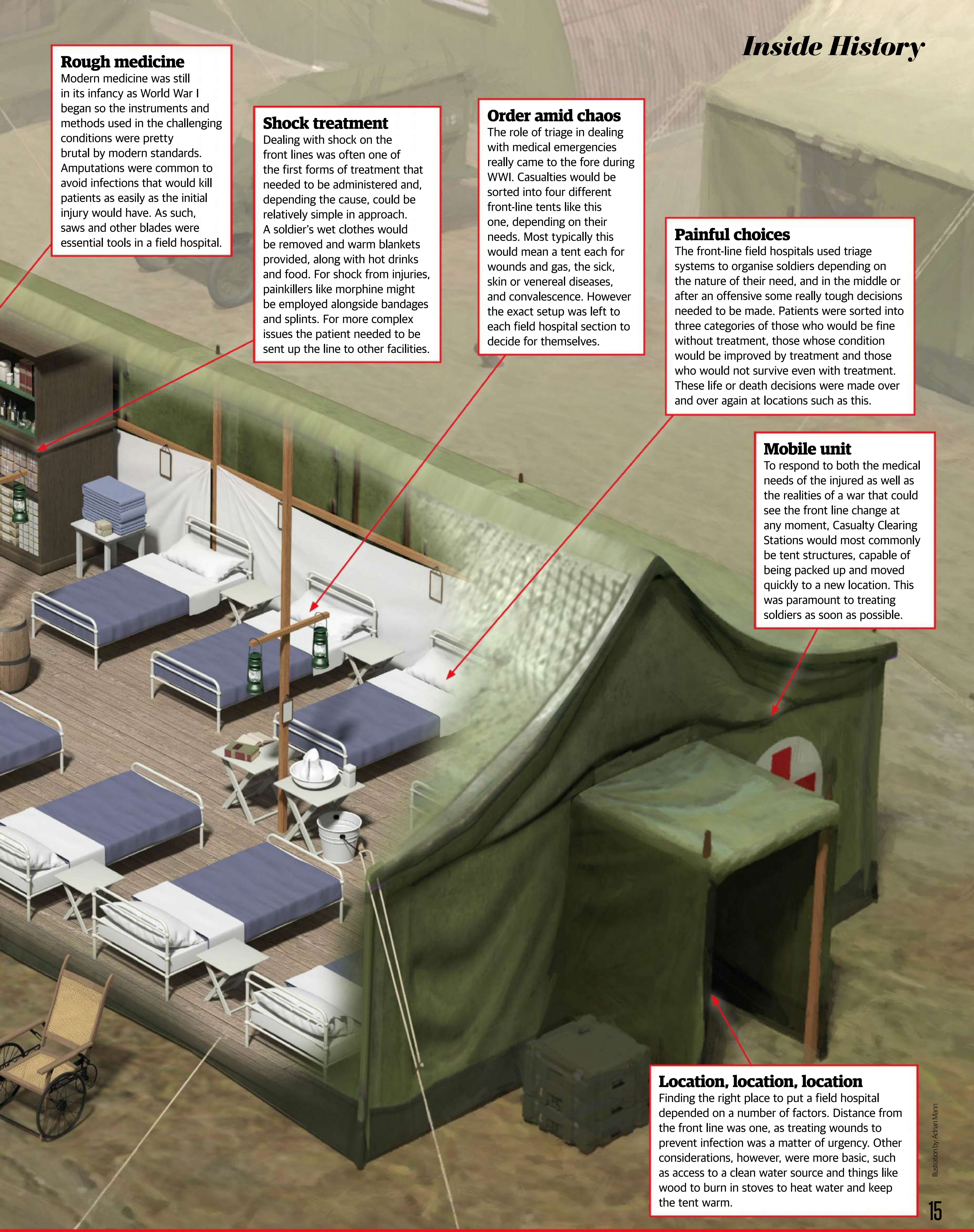
Nurses would ultimately manage the hour-to-hour and day-to-day care of patients in these field hospitals, administering medicine, dressing and redressing wounds and recording observations for doctors and surgeons to review on their rounds. They would also supervise meals and bathing, with this duty often falling to the Voluntary Aid Detachment (VAD) nurses who assisted the trained nurses. The main trained corps of military nurses for the British was the Queen Alexandra's Imperial Military Nursing Service (QAIMNS). It started the war with 300 nurses – by the end of the conflict they numbered over 10,000.



Cleanliness first
One of the primary challenges of a field hospital was maintaining as high a level of cleanliness as possible. For all the dangers of the front line of WWI, one of the biggest killers was infection and disease brought about by unclean water and a lack of washing facilities. It was often up to Voluntary Aid Detachment (VAD) nurses to maintain linens, cloths and instruments to the best of their ability.

Nurse response
The Casualty Clearing Station was the closest women could get to the front line working as nurses in WWI. Between the front line and the first field hospital would be a series of medics, stretcher carriers and (depending on the distance) ambulance drivers who would get soldiers to the clearing tents. Nurses also served in the medical facilities further back.

First line
The field hospital was just the beginning of the process for many patients. Those who needed further treatment would be transported via ambulance and eventually evacuation trains to more secure facilities further behind the lines, often put together inside towns because this guaranteed access to water and electricity that might not be available closer to the trenches.



Rough medicine

Modern medicine was still in its infancy as World War I began so the instruments and methods used in the challenging conditions were pretty brutal by modern standards. Amputations were common to avoid infections that would kill patients as easily as the initial injury would have. As such, saws and other blades were essential tools in a field hospital.

Shock treatment

Dealing with shock on the front lines was often one of the first forms of treatment that needed to be administered and, depending the cause, could be relatively simple in approach. A soldier's wet clothes would be removed and warm blankets provided, along with hot drinks and food. For shock from injuries, painkillers like morphine might be employed alongside bandages and splints. For more complex issues the patient needed to be sent up the line to other facilities.

Order amid chaos

The role of triage in dealing with medical emergencies really came to the fore during WWI. Casualties would be sorted into four different front-line tents like this one, depending on their needs. Most typically this would mean a tent each for wounds and gas, the sick, skin or venereal diseases, and convalescence. However the exact setup was left to each field hospital section to decide for themselves.

Painful choices

The front-line field hospitals used triage systems to organise soldiers depending on the nature of their need, and in the middle or after an offensive some really tough decisions needed to be made. Patients were sorted into three categories of those who would be fine without treatment, those whose condition would be improved by treatment and those who would not survive even with treatment. These life or death decisions were made over and over again at locations such as this.

Mobile unit

To respond to both the medical needs of the injured as well as the realities of a war that could see the front line change at any moment, Casualty Clearing Stations would most commonly be tent structures, capable of being packed up and moved quickly to a new location. This was paramount to treating soldiers as soon as possible.

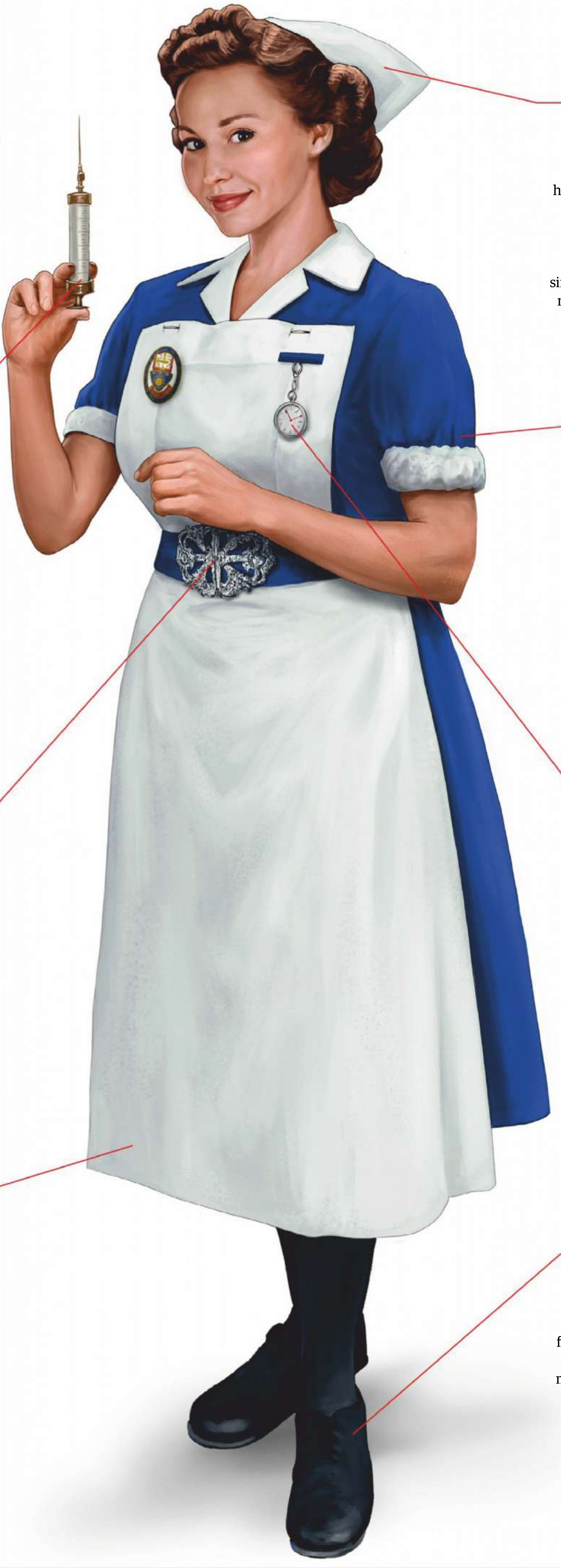
Location, location, location

Finding the right place to put a field hospital depended on a number of factors. Distance from the front line was one, as treating wounds to prevent infection was a matter of urgency. Other considerations, however, were more basic, such as access to a clean water source and things like wood to burn in stoves to heat water and keep the tent warm.

Illustration by: Adrian Mann

THE *Anatomy of* NHS NURSE

BRITAIN, 1948-50



MEDICAL EQUIPMENT

In 1946 glass-making pioneers Chance Brothers invented an interchangeable barrel and plunger design for syringes that allowed for mass sterilisation of the devices. Previously you had to match the barrel and plunger on each syringe and sterilising needed to be done a piece at a time. NHS nurses would have been well trained in their use. Plastic and rubber syringes were developed in 1949 in Australia, but would not be cheap enough to mass-produce to be disposable until the 1960s.

BADGE OF HONOUR

While jewellery was often forbidden or discouraged, badges were still often worn by nurses. These would typically represent the school of nursing they graduated from, the hospital they trained in or a membership to organisations like the British Nursing Association or Royal College of Nursing. Similarly, elaborate belt buckle designs might also be an indication of membership or history with a nurse organisation. Some were simply decorative.

PINNED APRON

Another evolution of the nurse uniform was a move from a pinafore to an over-the-shoulder apron and finally the pinned apron of the first NHS nurses. The practicality of this design over a traditional apron is clear. It required a little less material (still a great concern in post-war Britain) and it was easy to remove and replace. Using safety pins to hold up the apron would also be more comfortable than having a strap around the neck all day.

HEADWEAR HABIT

Nurse uniforms were derived in part from the origins of the profession as nuns, so early nurses would often wear headwear not to dissimilar from a veil. Over the years, however, long flowing material became an obvious hindrance and the veil gradually became smaller, simplifying to the nurse cap that made nurses so easy to identify from other staff.

BLUE DRESS

With the advent of the NHS came a single uniform code for all hospitals in Britain, which meant that for the first time all nurses would dress the same across the country. The blue dress was styled after one being used at Freeman Hospital in Newcastle, so it became known as the 'Newcastle Dress' with its short sleeves, rounded collars and long skirt.

NURSE'S WATCH

Dating back to the time of Florence Nightingale, concern over hygiene was paramount and while exact codes varied, it was generally advised that jewellery not be worn for this reason, even a wristwatch. This brought about the common use of a fob watch (similar to a pocket watch in some respects) that could clip or pin to an apron or lapel. Even to this day fob watches are a popular gift for newly qualified nurses.

FOOT CARE

Closed-toed, low-heel shoes continue to be an important element of the uniform dress code of NHS hospitals to this day for all staff. While the hygiene of such footwear would be the primary concern of the NHS, low-heeled shoes would also be more comfortable for those wearing them, especially since a nurse would be on their feet for most of the day treating patients.

Illustration by: Kevin McGivern

Historical Treasures

MEDICINE CHEST

A ONE-STOP SHOP FOR ALL YOUR AILMENTS BRITAIN, 1854-1856

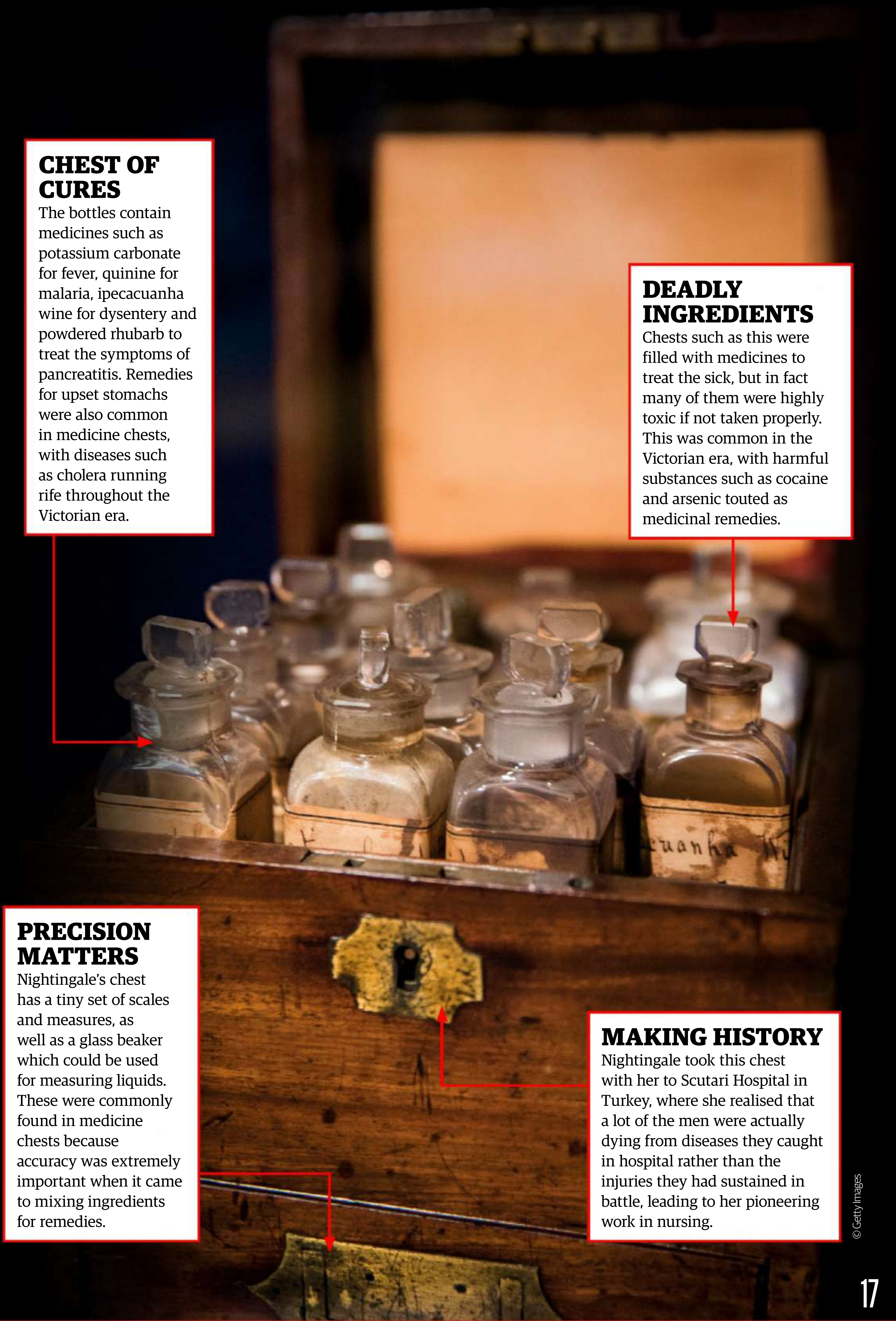
Medicine chests filled with numerous bottles of herbal remedies and medicines could be purchased for domestic use from apothecaries, chemists and druggists in Britain during the 18th and 19th centuries. They became increasingly popular with the rise of consumer culture during this period, but only the most affluent could actually afford them.

These chests usually came equipped with an instruction manual or guidebook on how to use the medicines, what illnesses they could be used for and the correct dosage for each one, especially for children. Just in case a doctor was called for, it was useful to have a chest at home so that there were medicines ready for them once they arrived – but many of these medicines could only be administered by a doctor anyway. While it was handy to have a medicine chest at home, they were particularly useful when it came to travelling and access to medical help was harder.

Medicines that often featured in these chests included laudanum, an opioid that was widely available in the period and usually used as pain relief or to treat ailments such as dysentery. They also contained medicines needed for immediate first aid, rather than for prolonged illnesses, including emetics, purgatives, stimulants, anti-convulsants and even nasal decongestants. At the time, it was common for people to self-diagnose and self-medicate using almanacs and medical books rather than paying a visit to their doctor, unless they were suffering from a serious illness.

In larger chests, dressings and plasters were added for minor wounds and there were also treatments for burns. Some chests even had tubes of leeches, which were thought to help with reducing swelling and inflammation. They also included a variety of instruments and accessories such as a mortar and pestle, scales, measures, a spatula and even a lancet, which would only be used by a doctor.

This particular medicine chest belonged to Florence Nightingale and is currently held at the Florence Nightingale Museum in London. Nightingale took it with her to the Crimean War and it is worth noting that her contemporary, Mary Seacole, also arrived at the war equipped with her own medicine chest filled with her herbal remedies.



CHEST OF CURES
The bottles contain medicines such as potassium carbonate for fever, quinine for malaria, ipecacuanha wine for dysentery and powdered rhubarb to treat the symptoms of pancreatitis. Remedies for upset stomachs were also common in medicine chests, with diseases such as cholera running rife throughout the Victorian era.

DEADLY INGREDIENTS
Chests such as this were filled with medicines to treat the sick, but in fact many of them were highly toxic if not taken properly. This was common in the Victorian era, with harmful substances such as cocaine and arsenic touted as medicinal remedies.

PRECISION MATTERS
Nightingale's chest has a tiny set of scales and measures, as well as a glass beaker which could be used for measuring liquids. These were commonly found in medicine chests because accuracy was extremely important when it came to mixing ingredients for remedies.

MAKING HISTORY
Nightingale took this chest with her to Scutari Hospital in Turkey, where she realised that a lot of the men were actually dying from diseases they caught in hospital rather than the injuries they had sustained in battle, leading to her pioneering work in nursing.

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Hall of Fame

FAMOUS NURSES IN HISTORY

From one of America's greatest poets to a British-Jamaican who faced down racial prejudice, the history of nursing is full of heroes

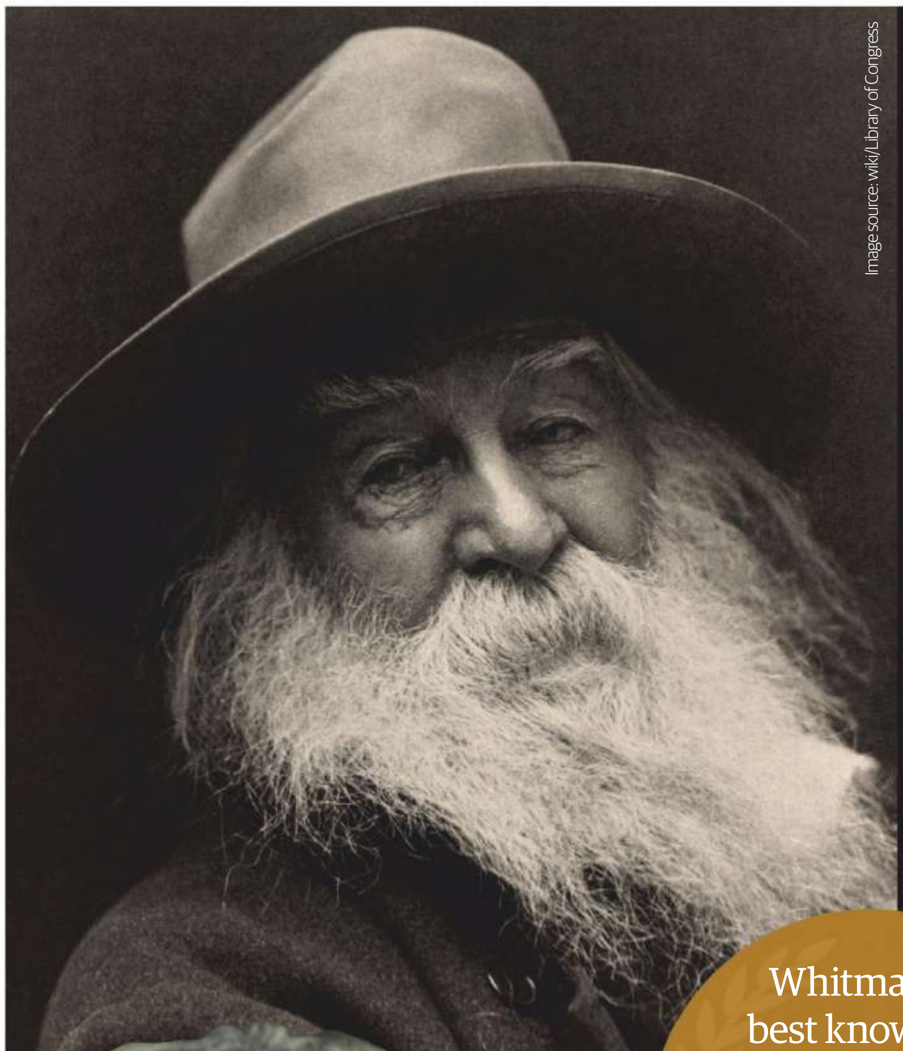


Image source: wiki/Library of Congress

WALT WHITMAN

AMERICAN 1819-1892

Not perhaps a figure you would expect to see on this list but as well as being a renowned poet, author and journalist, Walt Whitman was also an accomplished volunteer nurse during the American Civil War. He witnessed many horrific sights, which he later wrote about in *Memoranda During The War*. During the bloody conflict Whitman visited both Union and Confederate soldiers and estimated he'd spoken to some "100,000 soldiers at 600 hospitals".

Whitman is best known as the author of *Leaves Of Grass*, which was condemned at the time as obscene for its overt sexual imagery

Image source: wiki/US National Park Service

CLARA BARTON **AMERICAN** 1821-1912

The founder of the American Red Cross, Clara Barton was self-taught and initially found fame by going in person to active battlefields during the American Civil War in order to administer care. At the war's conclusion she visited Europe, where she witnessed the work of the Geneva-based International Committee Of The Red Cross. Upon her return to the United States, Barton became determined that it too should be part of the Red Cross. Working with a number of influential friends, she founded the American Red Cross in 1881 at the age of 59. She would remain its head until 1904 when she resigned, age 83.

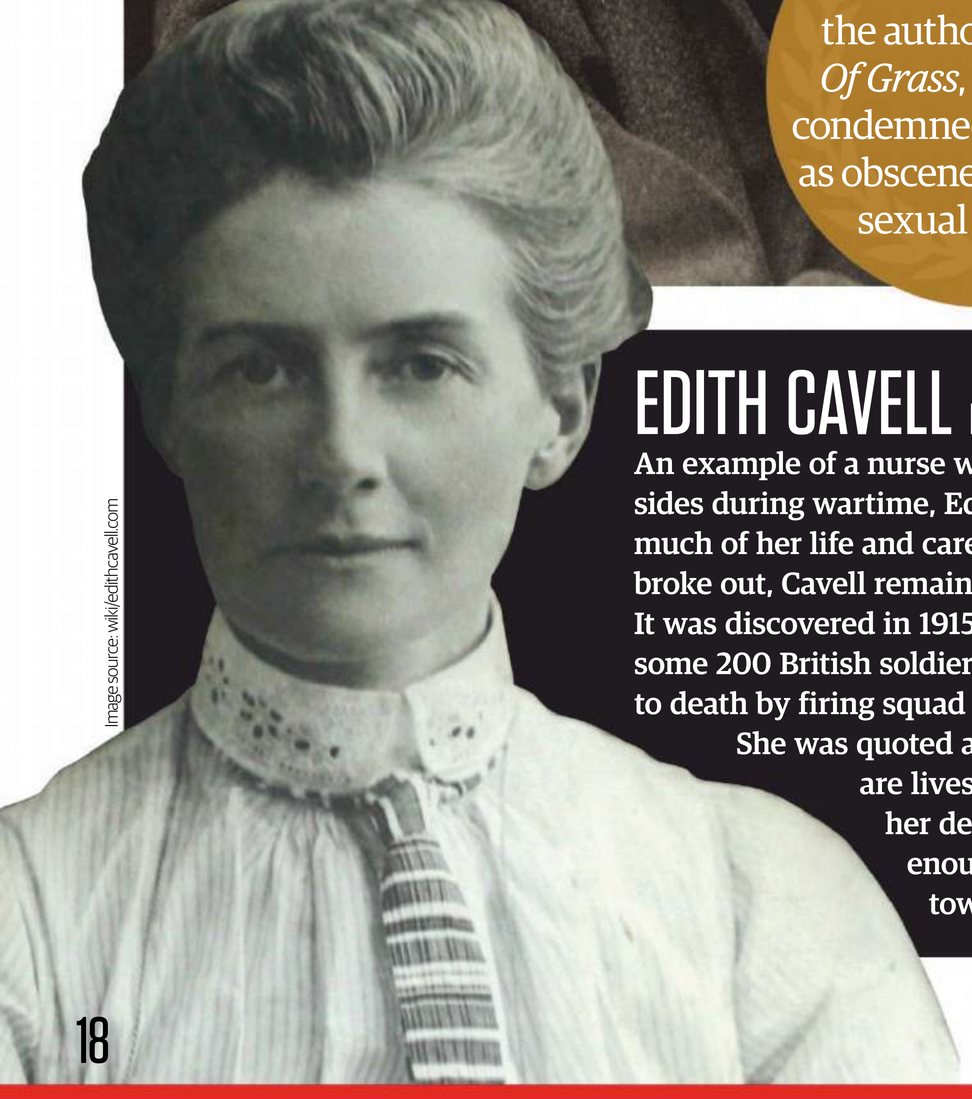


Image source: wiki/edithcavell.com

EDITH CAVELL **BRITISH** 1865-1915

An example of a nurse who refused to discriminate between sides during wartime, Edith Cavell was British-born but spent much of her life and career in Brussels. When World War I broke out, Cavell remained in the German-occupied country. It was discovered in 1915 that she had helped rescue and treat some 200 British soldiers. Court martialled, she was sentenced to death by firing squad despite international pleas for mercy. She was quoted as saying, "I can't stop whilst there are lives to be saved," and the night before her death apparently said: "Patriotism is not enough. I must have no bitterness or hatred towards anyone."

Image source: wiki/HCR Health

MARY ELIZA MAHONEY

AMERICAN 1845-1926

The first African-American to earn a professional nursing licence in the United States, Eliza Mahoney was a fierce critic of racial discrimination and prejudice in the field of nursing. Despite being one of the original members of the Nurses Associated Alumnae of the United States, she found the organisation unwelcoming to people of colour. As a response, in 1908 she co-founded the National Association of Coloured Graduate Nurses, which supported the achievements of all nurses, regardless of race.

MARY SEACOLE

BRITISH-JAMAICAN 1805-1881

Most famous for creating the British Hotel during the Crimean War, Seacole's contribution is sometimes overshadowed by her more famous contemporary, Florence Nightingale. Seacole learned traditional herbal nursing skills from her mother, which she would later combine with more modern European methods. Requesting to be sent to the Crimea as an army nurse, she was refused. She instead travelled to the conflict zone to set up the British Hotel to provide food, supplies and medicine to the underequipped British troops. Described by Seacole as a "mess-table and comfortable quarters for sick and convalescent officers" she treated many wounded here, as well as on the battlefield, often under fire.

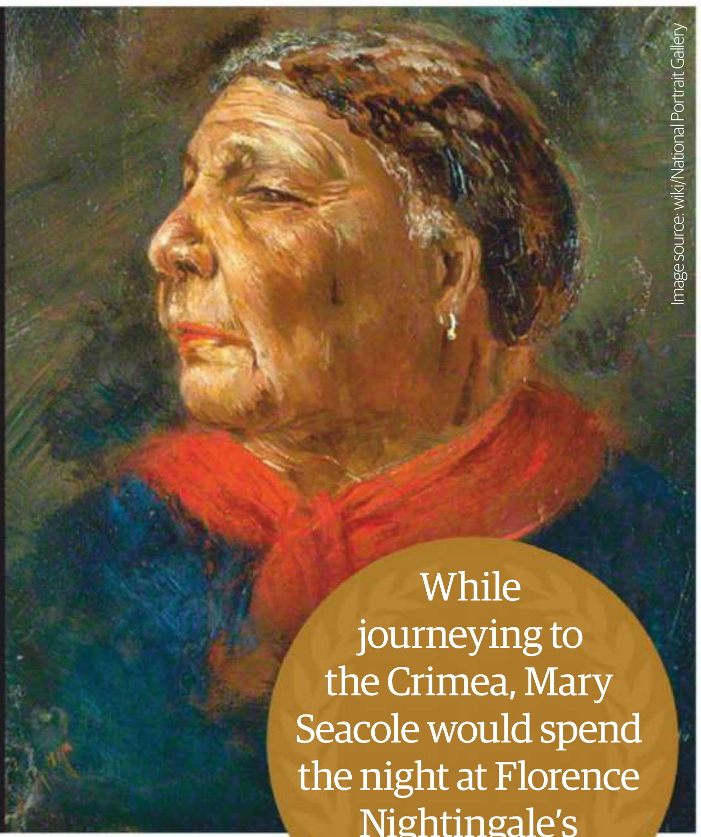


Image source: wiki/National Portrait Gallery

> While journeying to the Crimea, Mary Seacole would spend the night at Florence Nightingale's Scutari Hospital

VIRGINIA HENDERSON

AMERICAN 1897-1996

Beginning her career in 1921, Virginia Henderson was the first full-time nursing instructor in her home state of Virginia. She would go on to teach nursing at several colleges and universities, becoming a research associate at Yale in 1953. She would remain here for the rest of her life, reaching emeritus status in 1971 and holding the position until her death in 1996. Perhaps one of her most vital contributions was in the development of Henderson's Model, or Need Theory. This theory stressed the importance of patient self-determination and Henderson created a list of specific care duties. If an individual would not administer any one of these themselves, it was the nurse's job to assist them.

© Getty Images

Image source: wiki/United States Army

COLONEL RUBY BRADLEY

AMERICAN 1907-2002

Entering the United States Army as a surgical nurse in 1934, Bradley served during World War II and spent time as a prisoner of war in Manila. Here, her work treating wounded prisoners and feeding starving children helped her become known as one of the 'Angels in Fatigues'. Later, during the Korean War, she refused to be evacuated until every one of the 10,000 wounded was safe. Bradley was one of the most decorated women in the history of the US military.

DOROTHEA LYNDE DIX

AMERICAN 1802-1887

Meeting with a group of mental health reformers while touring Europe at the age of 34, Dorothea Lynde Dix became immediately committed to the cause and returned to the US determined to pursue the same policy. Despite some resistance she was able to establish asylums in New Jersey, North Carolina and Illinois. During the Civil War she was designated superintendent of the army nurses. She treated both Union and Confederate soldiers and pushed for more training and opportunities for female nurses.

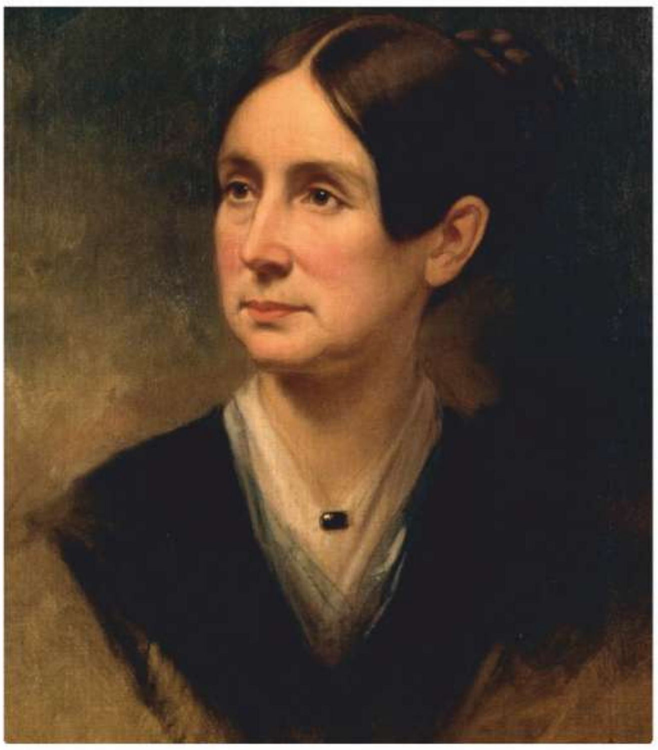


Image source: wiki/Google Art Project

Image source: wiki/Wellcome Collection

FLORENCE NIGHTINGALE

BRITISH 1820-1910

Perhaps the most celebrated nurse of all time, Florence Nightingale came to prominence due to her vital work in the Crimean War. She was based at the Scutari Hospital in Turkey and worked to improve conditions and save lives. In 1860 she founded the Nightingale School of Nursing at St Thomas' Hospital in London. One often overlooked aspect of her career is her skill as a statistician. Her commission to look into the number of deaths in the British Army discovered that 16,000 of the 18,000 deaths were due to poor sanitation and not to battlefield wounds.

HAZEL JOHNSON-BROWN

AMERICAN 1927-2011

The first African-American female general in the US Army, Hazel Johnson-Brown was chief of the United States Army Nurse Corps. Already a nurse, she enlisted in 1955. Her skill as a surgeon was soon recognised and she was posted in several key places around the world. She famously worked in Japan, training nurses on their way to Vietnam. She has entered history as a skilled leader, who was able to rise through the ranks despite common prejudice at the time.

Image source: wiki/ United States Army

Q&A With...

LOUISE WYATT

EXPLORING THE DEVELOPMENT OF NURSING THROUGHOUT THE AGES

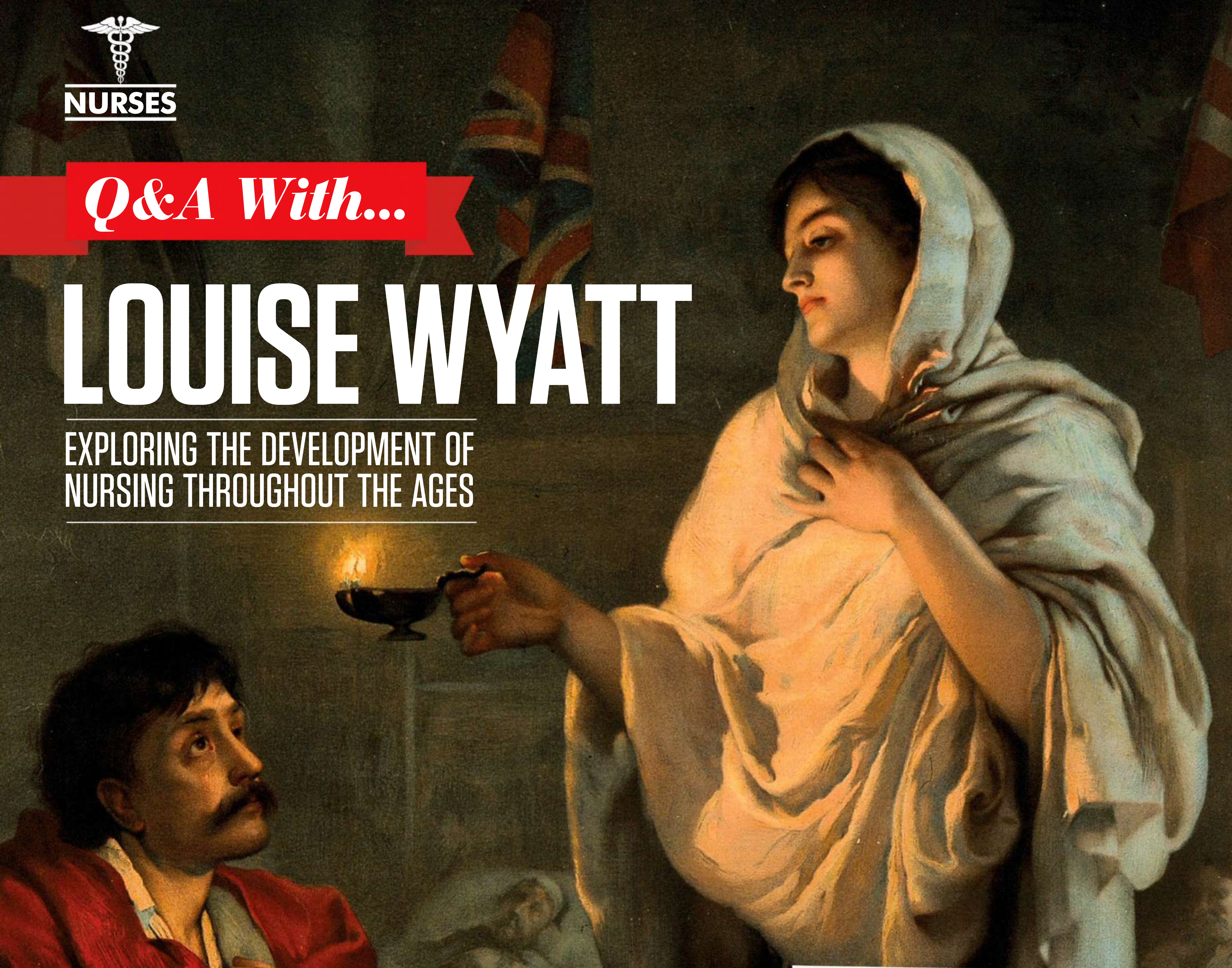


Image source: Wellcome Collection

THE STORY OF FOOD
WORLD
SECRET MONMOUTH

Wyatt is an author and a senior registered nurse with a true passion for history. She has written three local history books as well as *A History Of Nursing*, which examines the progression of nursing from antiquity to the modern day.

Wyatt is pictured here with Florence Nightingale's lamp

3x Image source: Louise Wyatt

Q. WHAT DO WE KNOW ABOUT NURSING IN ANTIQUITY?

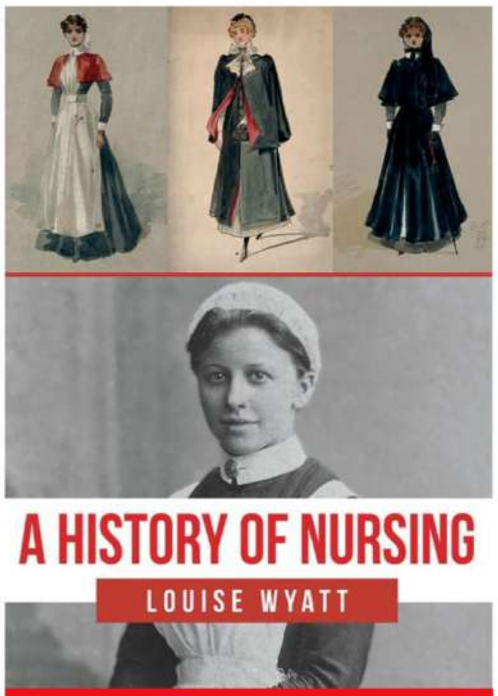
A. Not a great deal. Sources are scarce and there's a lot of conjecture; hardly anything is known about prehistoric nursing bar information gleaned from the likes of archaeology, for example. Some discoveries have shown that prehistoric man would have had some knowledge of anatomy and physiology, such as evidence of trepanning. *Nursing, The Finest Art* by Patricia Donahue was the best source while researching my book. She describes nursing in antiquity intertwined with the history of medicine, and that nurturing has always been an essential part of life. From the earliest mother-carer to caring among tribal families, then tribal communities, the 'wet nurse' would have preceded the medicine man/magician-priest. Earliest written records begin with the wealthy Roman matrons who established what we now know as hospitals and hospices.

Q. HOW DID THE ARRIVAL OF CHRISTIANITY IN THE ROMAN EMPIRE CHANGE NURSING?

A. Constantine I, aka Constantine the Great (c.280-337 CE) was the first Roman Emperor to convert to Christianity and it was his mother, Empress Helena (c.248-c.328 CE) that was influential with this. She's also credited with establishing the first known 'home for the aged infirm'. It was Constantine that allowed Christians freedom from persecution to practise the teachings of Jesus, including caring for the sick and sheltering the homeless. Christianity was also spread by the Apostles and one of these, Paul, entrusted a deaconess called Phoebe to help spread the word into Rome; she was also known to nurse and care for people in their homes. Wealthy Roman matrons used their conversion and freedom to practise Christianity to care for the sick, build or offer shelter to the poor, and teach nursing skills.

Q. IN THE MIDDLE AGES, NURSING WAS DONE BY NUNS AND MONKS. HOW DID THIS DEVELOP AND DO ANY OF THEIR PRACTICES STILL INFLUENCE NURSING TODAY?

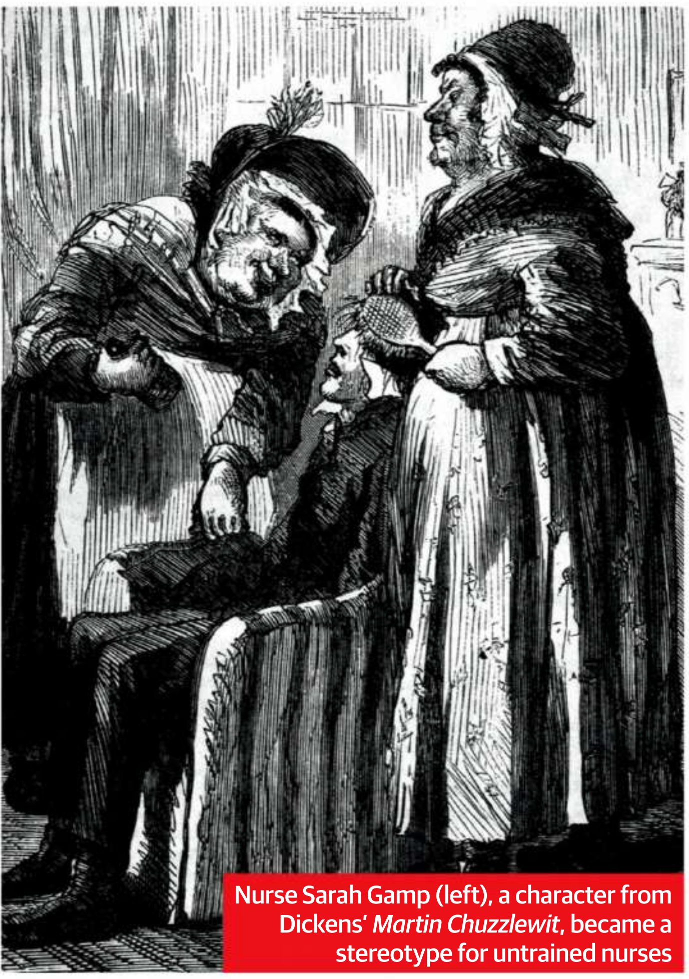
A. Christianity grew and encompassed most pagan/local forms of worship. After the fall of the Roman Empire, little is known about nursing in the void that is sometimes referred to as the Dark Ages. It's known that most care of the needy, sick and poor was performed by monks and nuns. St Benedict, an Italian monk (c.480-c.547 CE), is renowned for the founding of Western monasticism and the Benedictine Rule: the care of the sick is to be placed above and before every other duty, as if indeed Christ himself were being directly served by waiting on them. As well as buildings to care for the needy, there were teachings and monastic scholars, so any advancement was due to the organisation and discipline of these establishments. Look at Hildegard of Bingen in the 12th century to see how important theory as well as hands-on care was - just like today's nurse training.



A History Of Nursing is out now from Amberley Publishing

Q. WHY DID NURSING THEN EVENTUALLY TRANSFORM INTO A SECULAR PROFESSION?

A. Secular and semi-religious nursing can be found as far back as the 11th and 12th centuries, with groups caring for the sick and needy but not affiliated to monastic or religious orders nor bound by vows, same as the military knights that were developing. Then we had the Renaissance: non-religious thoughts and theories regarding science and the arts led to a fall in church dominance in temporal matters coupled with a growing interest in secular worldly affairs. According to Sister Frank in her *Historical Development Of Nursing*, this had a positive effect on medical advancements such as anatomy and physiology. The first secular nursing school was set up in Switzerland in 1859, a year before Florence Nightingale set up her first training school in St Thomas' Hospital in London, which is now the site of the Florence Nightingale Museum.



Nurse Sarah Gamp (left), a character from Dickens' *Martin Chuzzlewit*, became a stereotype for untrained nurses

Image source: wiki/Solomon Eytinge Jr.

Q. WHY DID THE PROFESSIONALISATION OF NURSING BEGIN IN THE 19TH CENTURY AND HOW DID IT OCCUR?

A. By the 19th century, nursing was seen as something you did when there was no other option, including nursing in lieu of a prison sentence! The English Reformation destroyed monastic care and the new wave thinking of the Renaissance deemed nursing as a religious calling so it fell out of favour. Nurses were seen as insubordinates, immortalised in the Dickens' character Sarah Gamp in *Martin Chuzzlewit*. But advancements in surgery, science and hospital care and events such as the Crimean War created the need for standardised training. Nursing now needed to be a profession that had theory and knowledge at its core with the ability to pass certain standards of practice. This came to fruition in the forms of training schools and a nurse register thanks to the likes of Nightingale, Ethel Fenwick and Grace Neill.

Q. THERE HAS ALWAYS BEEN A LOT OF FOCUS ON WELL-KNOWN FIGURES OF NURSING SUCH AS FLORENCE NIGHTINGALE, BUT IS THERE A LESSER-KNOWN, TRAILBLAZING NURSE THAT YOU WISH MORE PEOPLE KNEW ABOUT AND WHY?

A. The formidable Betsi Cadwaladr, a Welsh nurse who is known to have clashed with Nightingale in the Crimea. A year before the war ended, Cadwaladr fell ill with cholera and dysentery. Nightingale asked her to stay because she had become impressed with Cadwaladr's talents for sanitary reform, but Cadwaladr returned home, where she died in poverty. Up until 2012 she had a pauper's grave that was thankfully rectified by a gravestone erected by the Royal College Of Nursing. Another, Ellen Dougherty, daughter of an Irish sea captain, settled in New Zealand in the late 19th century and trained as a nurse with extra studies in anatomy and physiology. She passed with distinctions, becoming head of A&E then matron of a fledgling community hospital, where she performed surgery (such as amputations!). She was also head of nursing, porters and domestics, and also qualified as a pharmacist. These ladies were passionate, intelligent, talented and determined and deserve to be recognised as such.

Places to Explore
NURSING MUSEUMS

Discover the history of nursing around the world

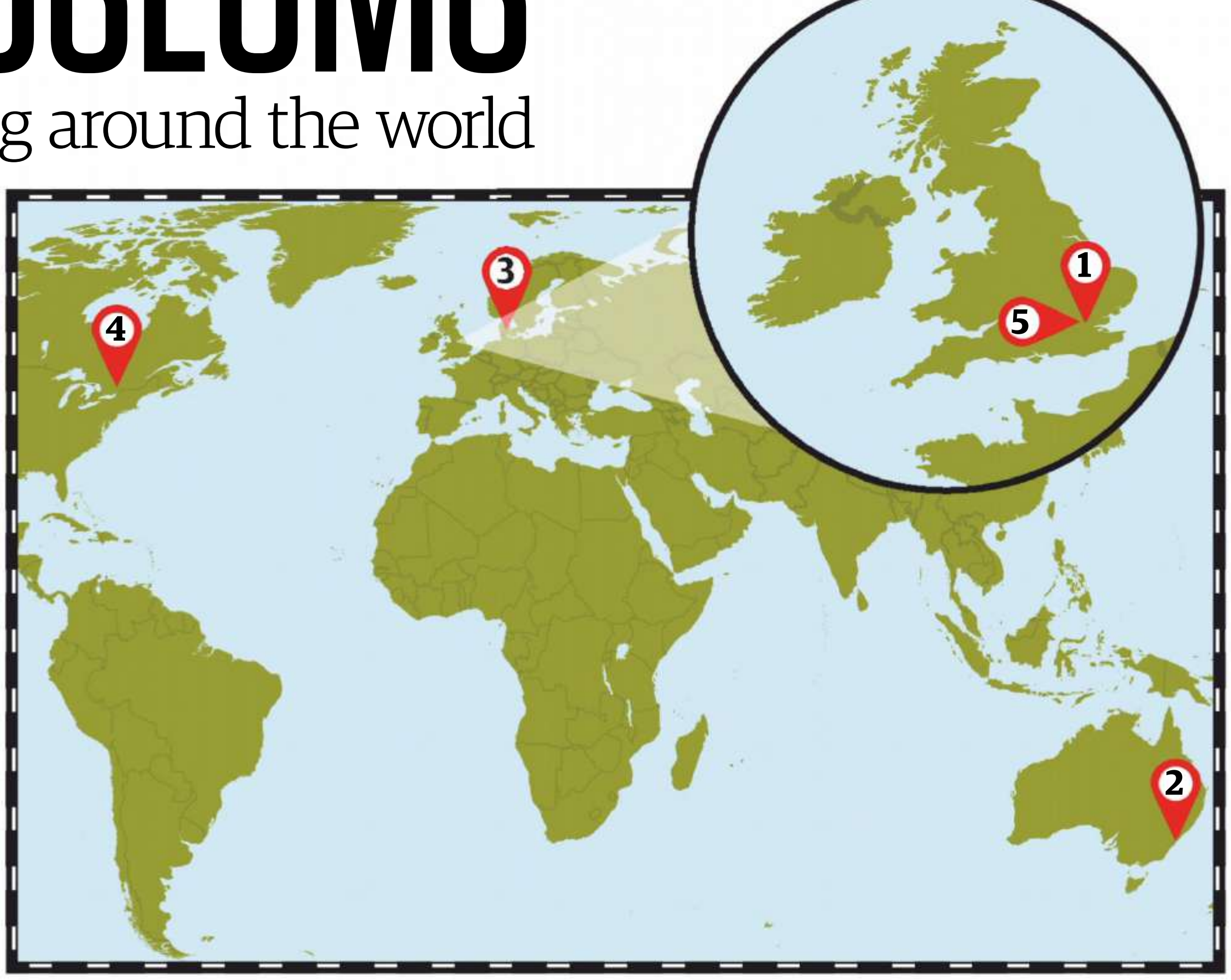
1 FLORENCE NIGHTINGALE MUSEUM
LONDON

Dedicated to celebrating the life and legacy of one of the world's most famous nurses, the Florence Nightingale Museum is a must-see for anyone who wants to learn more about Nightingale and her extraordinary achievements. Located in St Thomas' Hospital, visitors will get to learn about Nightingale's life, her career and what influenced her, plus you will be able to see the wide variety of objects that are on display. This includes artefacts that are associated with her, such the first nursing uniform she designed and the original lamp that she used in the Crimean War, earning her the nickname 'The Lady With The Lamp', as well as items relating to the war and the history of nursing. Coincidentally, this year marks the bicentenary of Nightingale's birth and the museum is celebrating throughout 2020, namely with its 'Nightingale In 200 Objects, People & Places' exhibition, which can also be viewed online. Lastly, the museum offers guided tours, including a walking tour of London and appearances from costumed performers, making this the perfect place for a family day out.

Open daily, 10am to 5pm. Average adult ticket is £9. florence-nightingale.co.uk

Nightingale's original lamp is on display at the museum

© Getty Images



2 BRISLINGTON MEDICAL & NURSING MUSEUM
PARRAMATTA, SYDNEY

Brislington, once a part of the former Parramatta District Hospital as well as a former doctor's residence, has been a medical and nursing museum since 1983. The historically significant building, a Georgian house that was constructed between 1819-1821, was built by an ex-convict, John Hodges, who funded it with the money he won in a card game. Brislington has numerous artefacts and memorabilia from the former hospital, ranging from the colonial era to the 1970s, with examples of medical instruments, anaesthetic equipment, photographs, uniforms, operating tables and ward beds on display. These objects are spread across Brislington's various rooms including The Colonial Room, The Ward, The Nurses' Room and The Operating Room, which can also be explored with a guided tour led by one of the museum's many volunteers. Offering a unique and local history of medicine and nursing in Parramatta, Brislington has been on the New South Wales State Heritage Register since 1999.

Brislington is the oldest surviving building in Parramatta

Image source: wiki/sv1ambo

Open Tuesdays and Thursdays, 10am to 2pm. Average adult ticket is $5. brislington.net

Dansk Sygeplejehistorisk Museum

The museum also holds temporary exhibitions

© Danish Museum of Nursing History

3 DANISH MUSEUM OF NURSING HISTORY

KOLDING

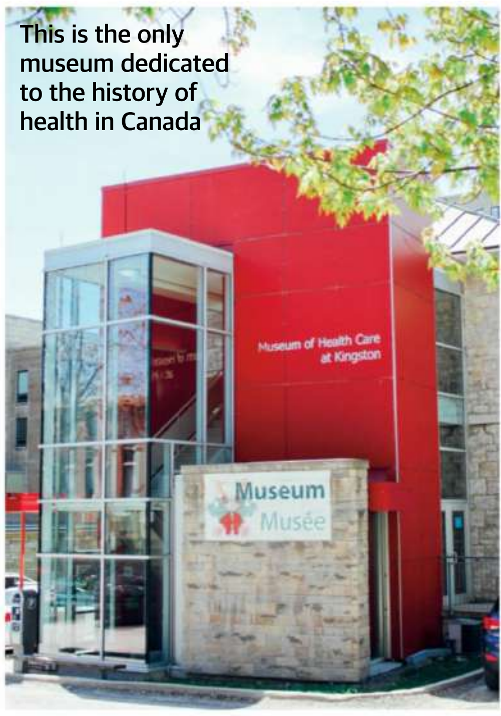
The Danish Museum Of Nursing History is the only professional museum on nursing in Denmark, exploring the history of the country's healthcare system from the Middle Ages to the present day. It's housed in the old sanatorium at Kolding Fjord, which was built in 1911 as Denmark's first tuberculosis sanatorium for children, and in 1999 the museum was inaugurated to celebrate the 100th anniversary of the Danish Nurses' Organisation. The permanent exhibition, which has been translated into English, details many aspects of nursing history, including the founding of the Danish Nursing Council, education, hygiene, treatment, psychiatry, living conditions, district home care, the hierarchies in the hospitals and more. Visitors can also see how the care and nursing of patients developed over the centuries, from the work of monks in the Middle Ages to the deaconesses and Florence Nightingale in the 18th century, as well as the development of modern nursing alongside the medical and technological discoveries at the time. Additionally, the museum has reconstructions of hospital wards, an operating room, a waiting room, the private living quarters for nurses from the 1930s, and even a mid-18th century city slum to illustrate how illness and epidemics stemmed from poor sanitation. It's worth mentioning that for a fee the museum can offer introductions in English.

Open Tuesday to Sunday, 11am to 4pm. Average adult ticket is 50 kr. dsr.dk/dshm

4 MUSEUM OF HEALTH CARE

KINGSTON

This museum is located in the Ann Baillie Building, which was built in 1904 on the grounds of Kingston General Hospital as a residence for student nurses. It has since been designated a National Historic Site of Canada. For almost 30 years, the museum has been building its collection of medical and general health artefacts and now boasts over 35,000 objects. While lots of these are generally related to the history of health and healthcare in Canada, there are also lots of items that are specifically associated with nursing, including photographs, memorabilia, documents and nursing uniforms, dating from the 1880s to 2000. One of the museum's onsite exhibitions, 'For Service To Humanity: Nursing Education At Kingston General Hospital', is dedicated to nurses who trained at the hospital, who they were, their living and working conditions and what they did after they graduated. With numerous exhibitions, guided tours and events, as well as educational and family programmes, the Museum Of Health Care is the perfect place to expand your knowledge of nursing history.



This is the only museum dedicated to the history of health in Canada

Image source: wiki/Morgan Chin-Yee

Open Tuesday to Friday (and until Sunday during the summer), 10am to 4pm. Admission by donation. museumofhealthcare.ca/

The RCN's historic collection dates back to the 1870s

Image source: wiki/David Hawgood

5 ROYAL COLLEGE OF NURSING LIBRARY & HERITAGE CENTRE

LONDON

Home to the largest nursing collection in Europe, the Royal College Of Nursing Library And Heritage Centre is the perfect place to immerse yourself in the history of nursing. The College Of Nursing was first established in 1916 for education and training, receiving its royal charter in 1928 and eventually becoming a trade union in 1976. The library and heritage centre is housed within the RCN's headquarters in London, and visitors can explore the collection by browsing through the nursing history texts and the historic printed collection. The RCN hosts a range of exhibitions, events and virtual workshops throughout the year, such as the recently concluded exhibition 'The Voice Of Nursing: Celebrating 100 years Of The RCN', which is still available to see online. The RCN's current exhibition 'Who Cares? A History Of Emotions In Nursing', charts the development of the RCN and 200 years of nursing history through artefacts and first-hand accounts from nurses. On top of this, members of the public can dive into the RCN's digital archive, which is packed full of historical personal papers, oral histories, photographs, postcards and badges. In particular, the library has also digitised the service scrapbooks and diaries of ten nurses, detailing their experiences during World War I, which highlights the important contribution of nurses during that conflict.

Open Mon to Fri, 9am to 7pm and until 5pm on Saturdays. Free Admission. rcn.org.uk

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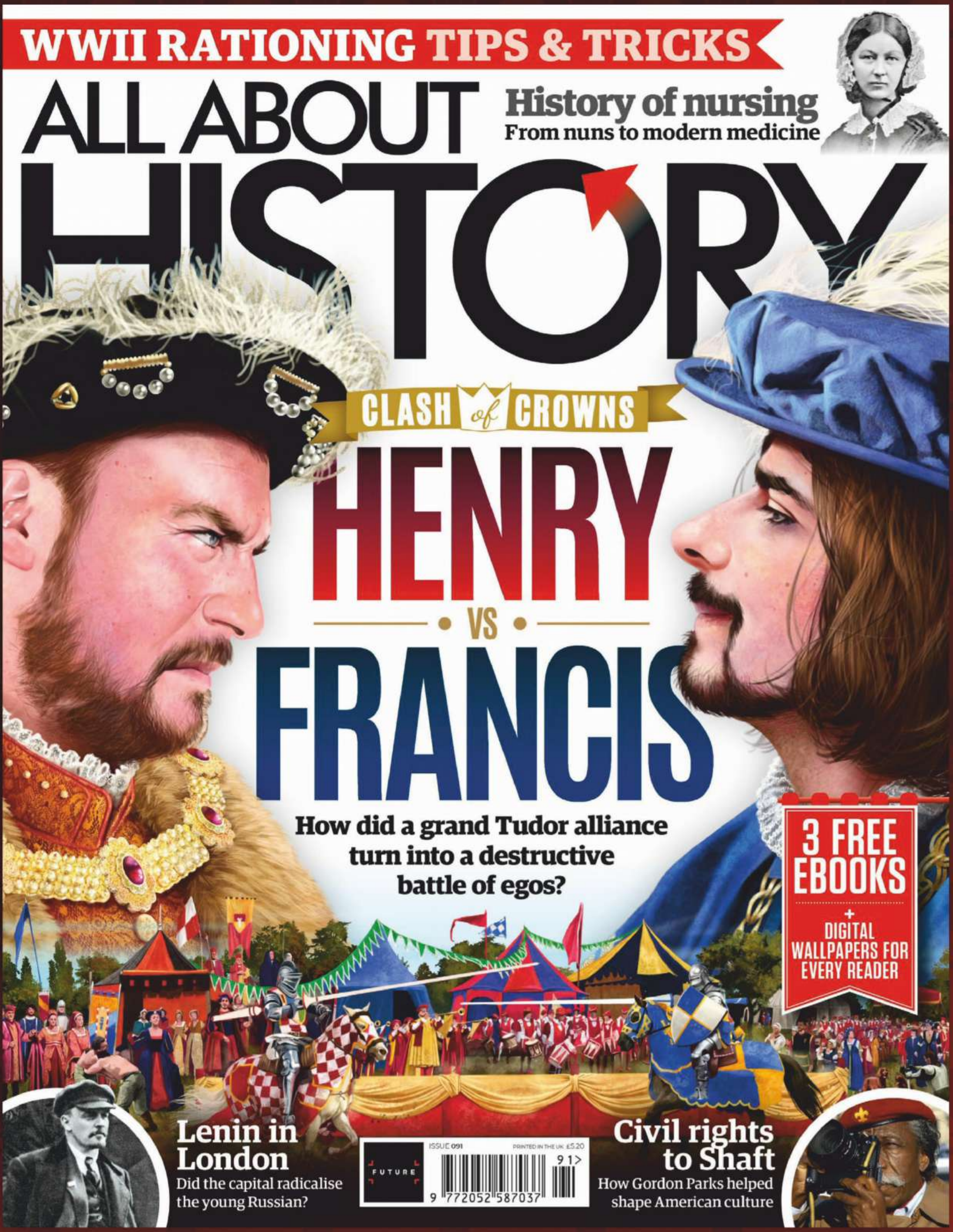
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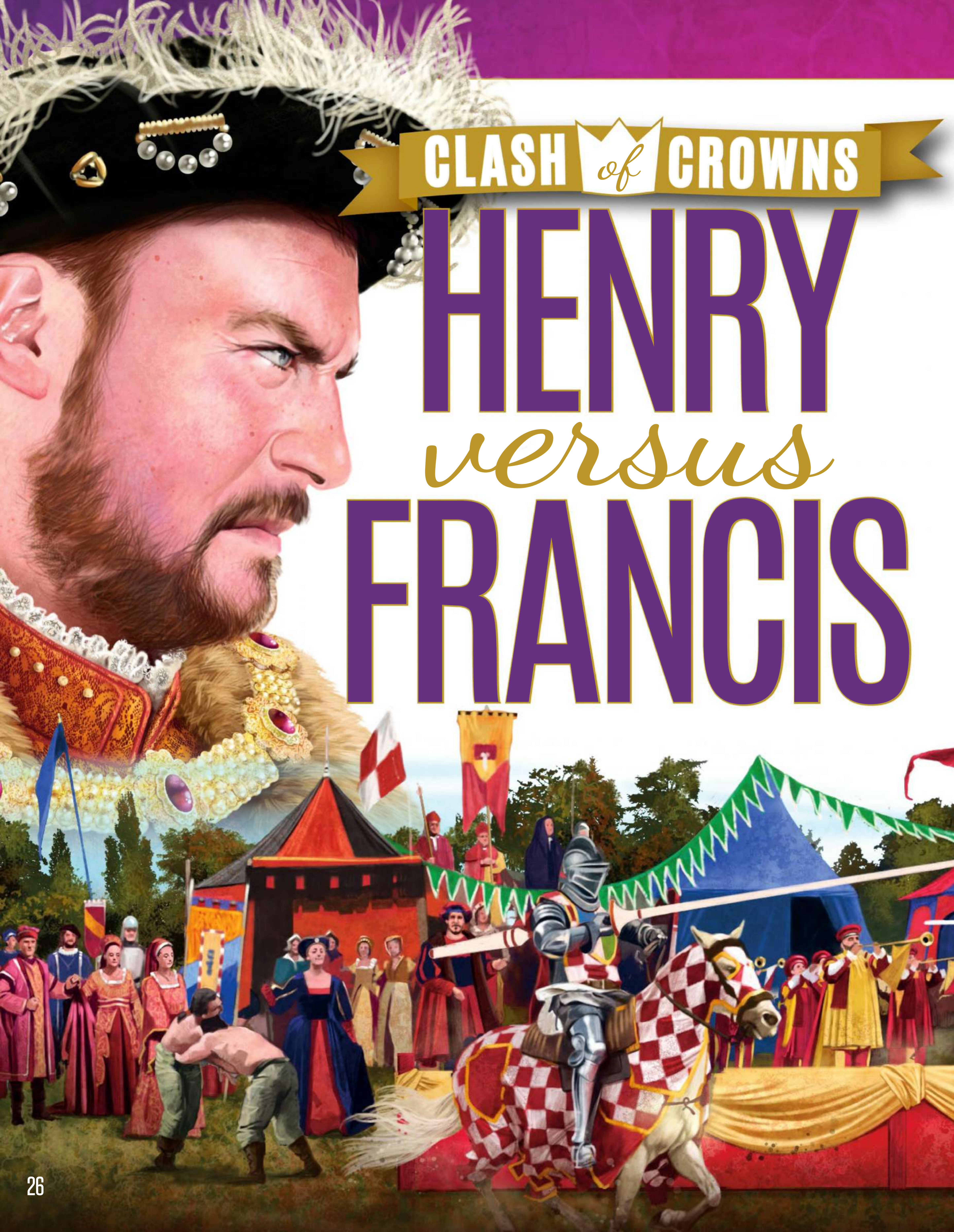
CLASH of CROWNS

HENRY *versus* FRANCIS



A tumultuous relationship that saw the two kings bounce between being the friendliest of rivals to the bitterest of enemies

Written by Jessica Leggett

This June marks 500 years since King Henry VIII of England and King Francis I of France met at the Field of Cloth of Gold. It was a meeting for the ages, arranged to herald a grand new alliance between two of Europe's most charismatic monarchs. Yet, just three years later, war had broken out between the two countries and the brotherly love that was shown at the summit was no more. As it turned out, the back and forth relationship between Henry and Francis would continue for their entire reigns.

Henry was born on the 28 June 1491 at the Palace of Placentia in Greenwich. The second son of King Henry VII and Queen Elizabeth of York, Henry was the spare to the heir, his brother Arthur, and he was not expected to inherit the English throne. However, at ten years old his fate changed when Arthur died suddenly at the age of 15 in 1502, just five months into his marriage to Princess Catherine of Aragon, the daughter of Queen Isabella of Castile and King Ferdinand of Aragon.

In an instant, Henry was now the heir to the English throne. His brother had been well-educated for his role as the future king and after his wedding he had moved to Ludlow Castle, Shropshire, to assume more responsibility. However, as the second son of the king, Henry had been destined for a career in the church and consequently had never been taught the ways of government and administration like his brother, although he did receive an exemplary education.

Unfortunately, this didn't change even after he was named Duke of Cornwall and Prince of Wales in 1502 and 1503 respectively. Concerned that his son could fall prey to outside influences, the king kept Henry hidden away and maintained control over all affairs of government instead of teaching him the art of kingship. ▶

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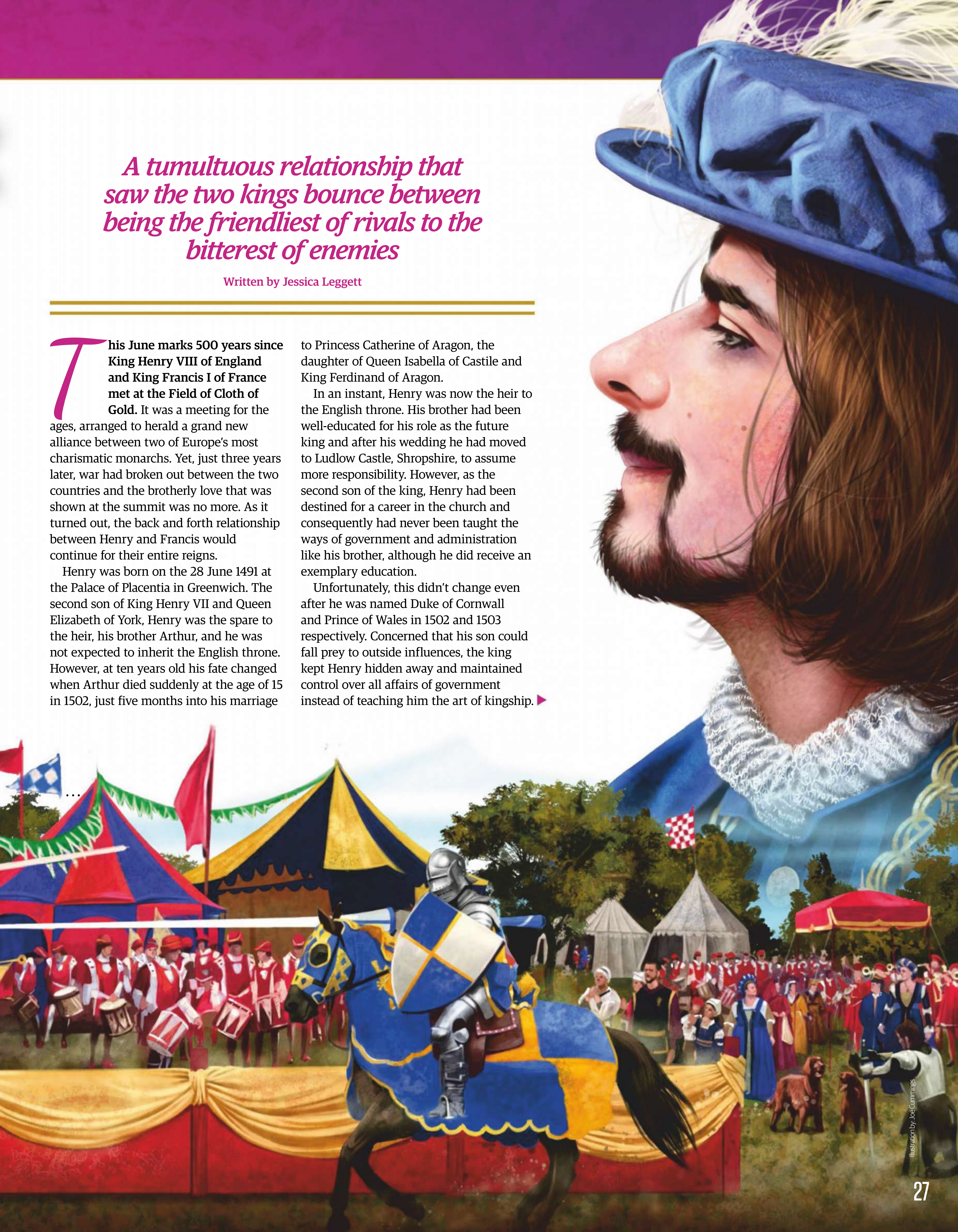
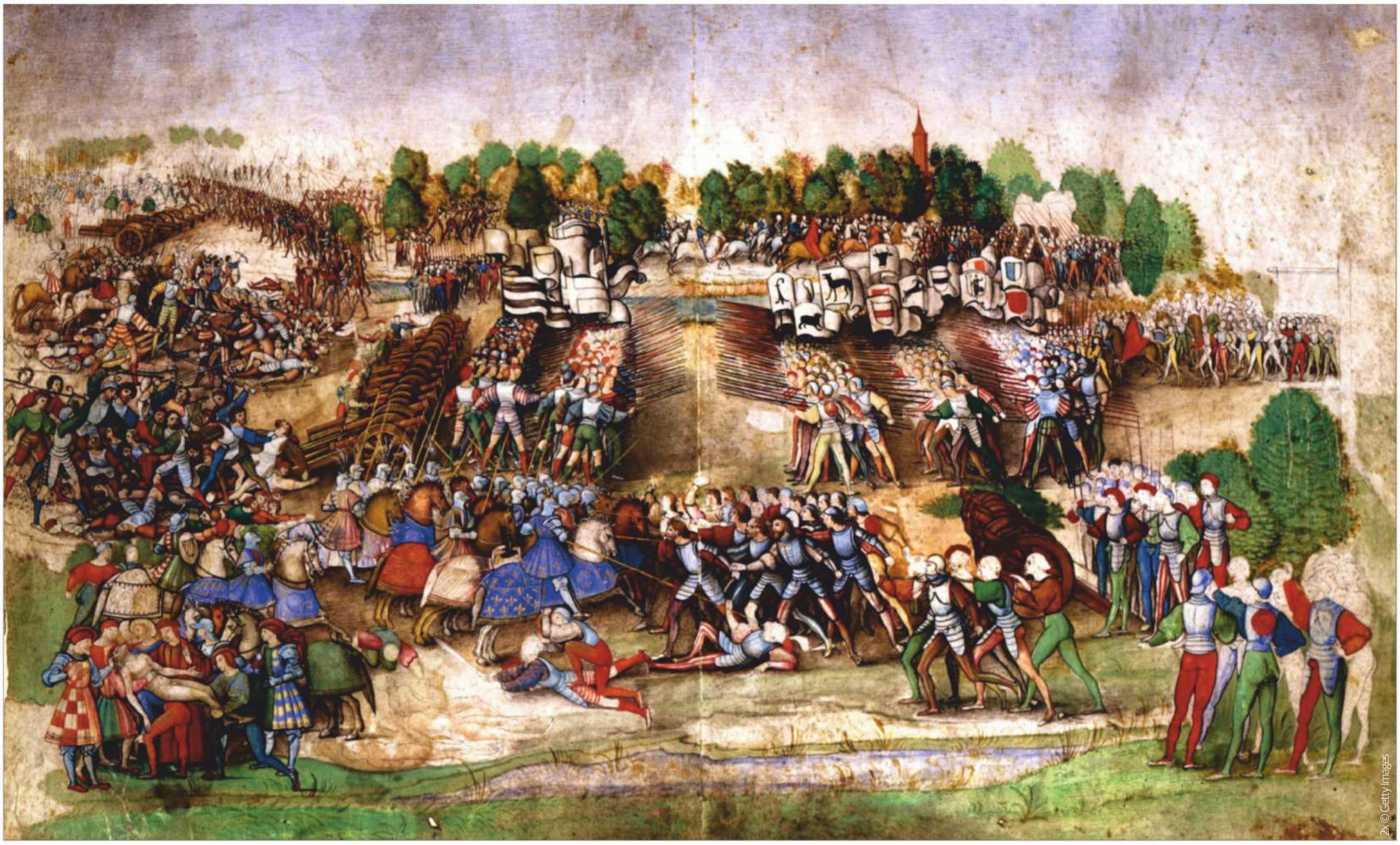


Illustration by: Joe Cummings



2x © Getty Images

Across the Channel, the situation was different for a young Francis. He was born just over three years after Henry on 12 September at the Château de Cognac, the son of the Count of Angoulême and Louise of Savoy. Just like Henry, Francis was never expected to become king when he was born. His father's 21-year-old cousin, Charles VIII, was on the throne and everybody believed that he would produce a male heir to succeed him.

Instead, all of his children sadly died young and when he passed away suddenly in 1498, his cousin, Louis XII, became king. Since his father had died in 1496, four-year-old Francis was Louis's closest living male relative and therefore he became his heir. Eventually Francis also became his son-in-law when he married Louis' daughter, Claude, Duchess of Brittany. While Henry was left ill-prepared for his future, Francis' mother ensured that her son was given an education not just fit for a king, but an education that a king needed.

While Henry and Francis were prepared for their roles as future kings differently, the excitement for their reigns was the same when they ascended their thrones in 1509 and 1515 respectively. They were both tall, handsome, athletic, fun-loving, charismatic and healthy, embodying all the qualities of a Renaissance prince. Plus, the fact that they were young – Henry was 17 and Francis was 23 – meant that they also stood a good chance of producing male heirs to secure their dynasties. Less than two months after he became king, Henry married his brother's widow, Catherine, and their coronations as king and queen were held two weeks later.

With another young king now on the continent, Henry was fascinated by his French counterpart, more so than Francis was with him. The Venetian ambassador, Piero Pasqualigo, wrote an account about his arrival in London from Paris shortly after Francis' ascension and the conversation he had with Henry:

"His Majesty came into our arbour and, addressing me in French said, 'Talk with me a while. The king of France, is he as tall as I am?' I told him there was but little difference. He continued, 'Is he as stout?' I said he was not, and he then inquired, 'What sort of leg has he?' I replied, 'Spare.' Whereupon he opened the front of his doublet and, placing his hand on his thigh, said, 'Look here! And I too have a good calf to my leg.'"

Indeed, there was no denying that Francis was an impressive monarch. He

ABOVE
Francis' victory at the Battle of Marignano eclipsed Henry's military achievements

BELOW
The lavish Château de Fontainebleau was Francis' favourite palace

> “They were both tall, handsome, athletic, fun-loving, charismatic and healthy, embodying the qualities of a Renaissance prince”

was a prolific patron of the Renaissance and his patronage is often regarded as one of the greatest achievements of his reign. Francis built and renovated various palaces, including the Renaissance-style Château de Chambord and Château de Blois, as well as the iconic Château de Fontainebleau, which was his favourite residence. As an art lover, he famously patronised Leonardo da Vinci, who lived in France for the last years of his life, as well as Italian painter Andrea del Sarto.

Not to be outdone by Francis, a competitive Henry also became a prolific patron of the arts throughout his reign, including architecture, paintings and music, and his desire to outshine his rival drove many of his patronage decisions, although he never managed to beat Francis in this respect. While Henry competed with Francis on a cultural level, the most tempestuous moments of their relationship played out on the battlefield.

It was clear that when the young kings assumed their thrones that they both had grand military ambitions. As a boy, Henry had been told about the glorious war victories of his predecessors, Edward III, Edward, the Black Prince and King Henry V, who famously won the Battle of Agincourt and enforced his claim to the French throne. It was this claim that Henry also believed was his birthright and immediately after his accession he had his eyes firmly set on conquering France.

However, with no allies who were willing to wage war with France and with a navy that needed expanding, Henry's ambitions were going to have to wait. He finally got to invade France when he formed an alliance with the Holy Roman Emperor, Maximilian I. France had isolated itself from the other European powers in defiance of Pope Julius, and Henry's alliance with Maximilian was subsequently seen as a defence of the faith. Julius himself secretly promised to bestow Henry with the title of the 'Most Christian King', which belonged to the kings of France, and to crown him in Paris as the true king of France, on the condition that Henry successfully conquered the country.

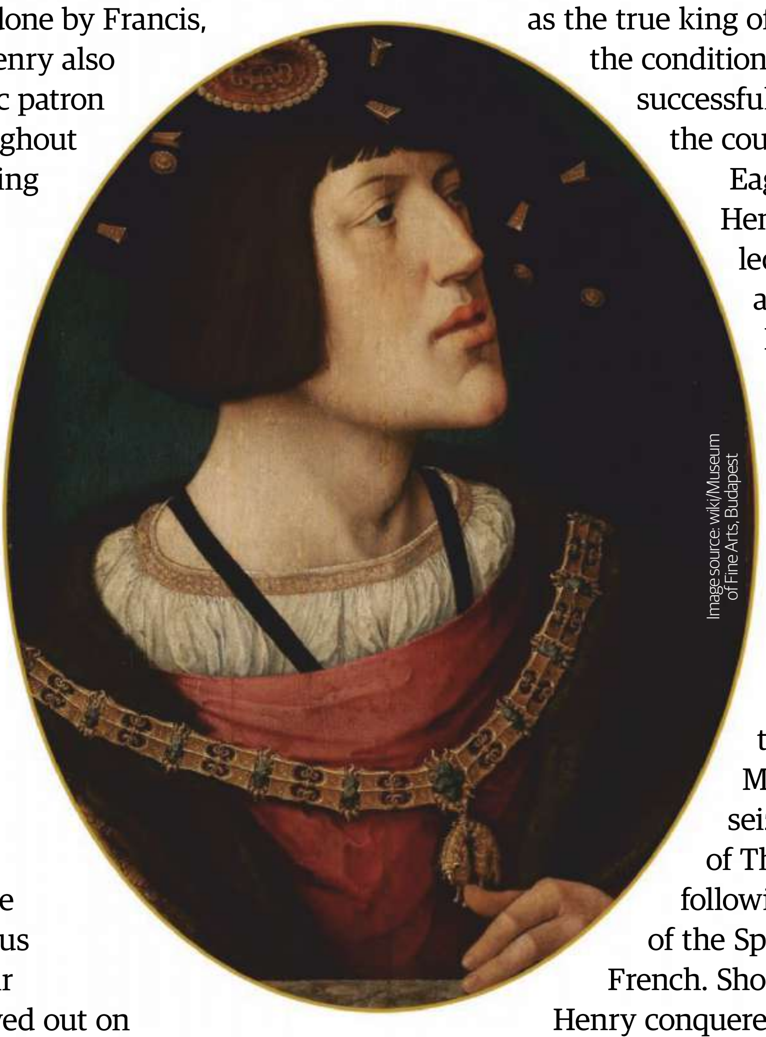


Image source: wiki/Museum of Fine Arts, Budapest

Charles V's election in 1519 changed the balance of power in Europe

Eager for glory, Henry personally led his troops and invaded France, arriving in Calais from Dover in June 1513. By August, the king and his troops had made significant progress and together with Maximilian, they seized the town of Thérouanne following the Battle of the Spurs against the French. Shortly afterwards, Henry conquered the town of Tournai in September, giving him a taste of the military victory he desperately wanted.

But his success was soon eclipsed by Francis when he became king two years later. He also craved battlefield glory and wanted to seize the territories he had dynastic claims to, setting his sights on the Duchy of Milan, which had been lost by Louis in 1512. Just eight months into his reign, Francis personally led his troops at the Battle of Marignano and defeated the Duke of Milan and his large Swiss army, seizing the duchy for himself. Not only did this earn him a reputation as a military leader, but it was also a much bigger win then Henry's victory at Tournai. ▶

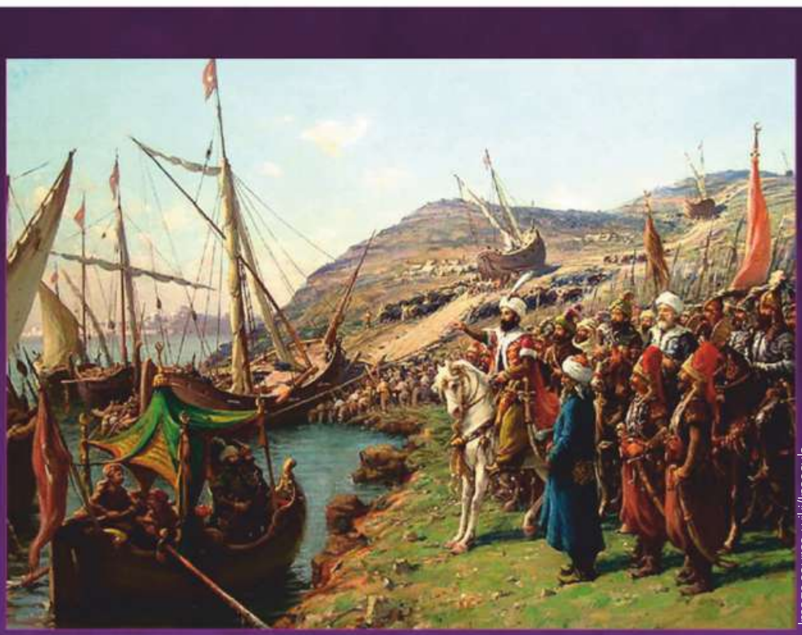


Image source: wiki/Insecula

Rising in the East

For all their squabbles the two kings always had one eye on the possible threat of Ottoman invasion

One persistent thought among historians regarding the motivation behind the attempts of Henry and Francis to unify is the continued growth of the Ottoman Empire. The 15th and 16th centuries were a time when the Ottomans were at the height of a period of expansion. The seeds for this were sown throughout the reign of Mehmed the Conqueror, who captured Constantinople, conquered Morea and started the second Venetian war. This policy continued into the rule of Sultan Selim I, who established Ottoman rule in Egypt, not only allowing the formation of a naval presence on the Red Sea but also fuelling competition with the Portuguese Empire. In 1520, the same year as the Field of Cloth of Gold, Suleiman the Magnificent began his rule as leader of the Ottoman Empire. One year later he sought to demonstrate his effectiveness as ruler by launching attacks on Rhodes and Belgrade – two cities that Mehmed the Conqueror had failed to capture. This was a key event in demonstrating the might of the Ottoman Empire against Hungary that would be proven further a few years later in 1526 during the Battle of Mohács.

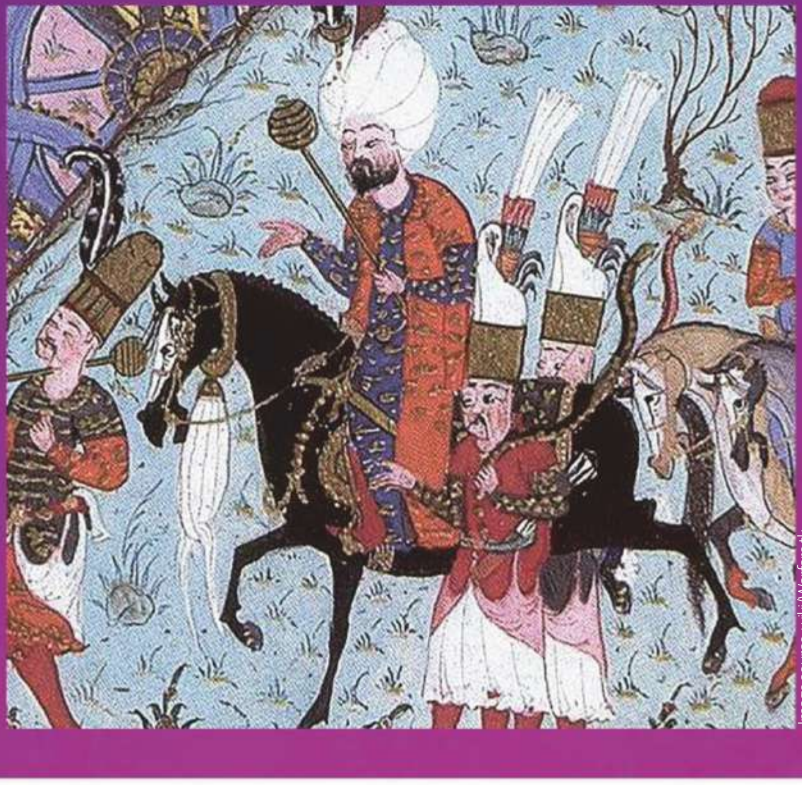


Image source: wiki/Warfare.tk

Comparing Crowns

How did Henry and Francis stack up against each other as kings?

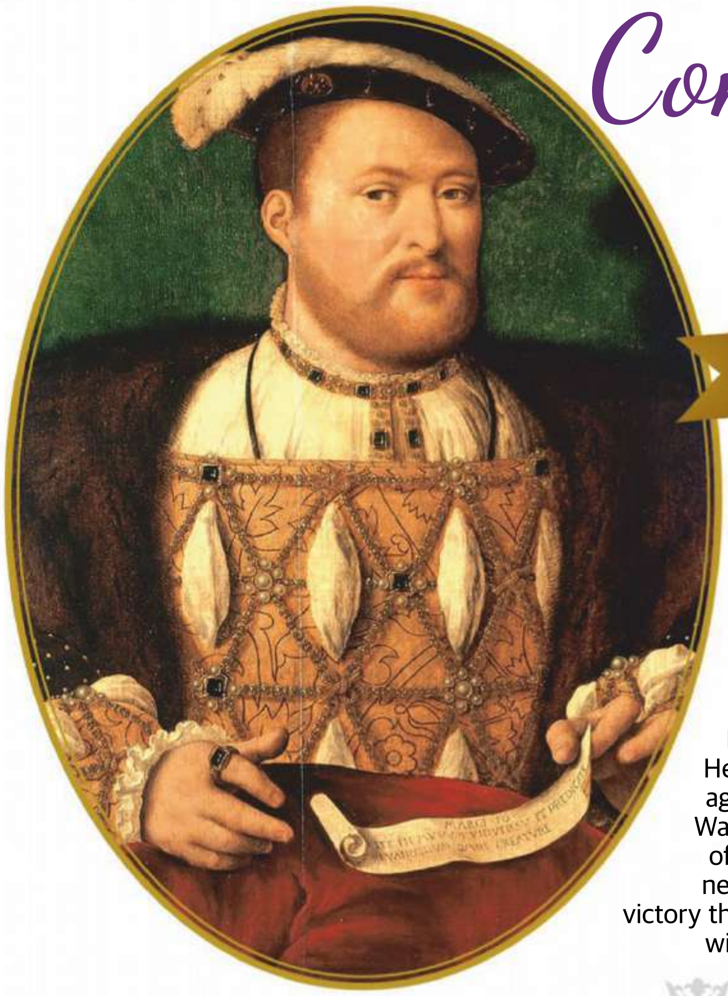


Image source: wiki/Royal Collection

Henry VIII
King of England

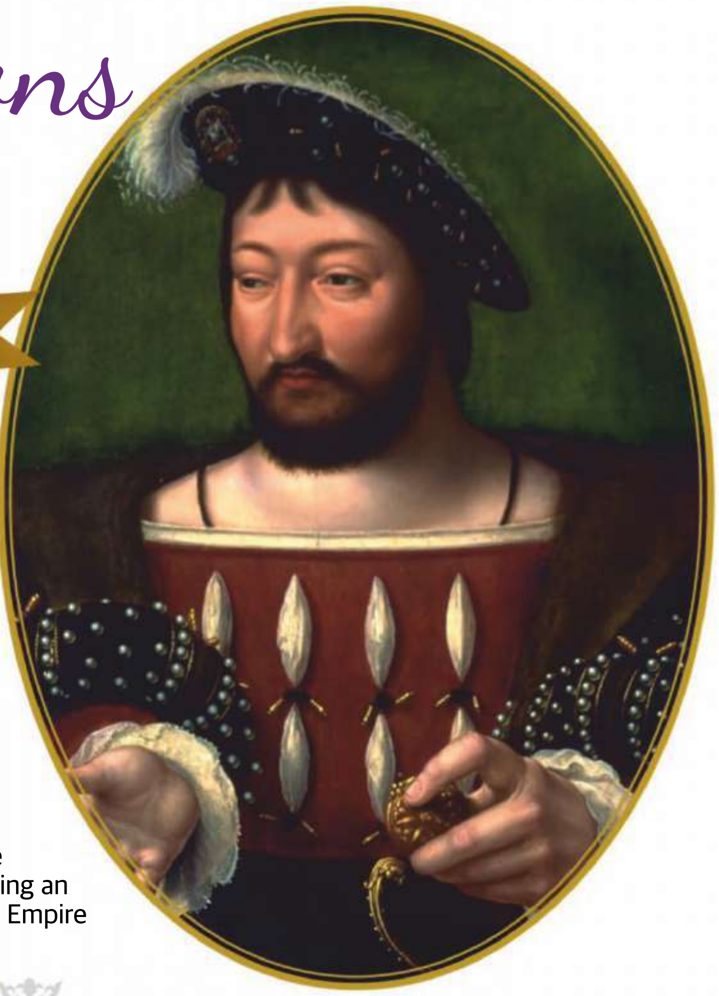


Image source: wiki/Metropolitan Museum of Art

Francis I
King of France

WAR AND DIPLOMACY

Henry can take some credit for the expansion and evolution of the naval forces of England in this period, as well as massive sea defence projects. In the battlefield, some small gains were made in France over the years and Henry joined with Charles V against Francis in the Italian Wars not long after the Field of Cloth of Gold. But Henry never got the grand military victory that could put him on a par with his namesake Henry V.

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The Italian Wars, which predated Francis and continued after his death, were the dominant military concern of his reign. He was captured by Charles V's forces in 1525 at the Battle of Pavia and released the next year after making concessions to the Holy Roman Emperor. He continued his attempts to capture land in Italy in the following years, even making an alliance with the Ottoman Empire to increase his leverage.

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MARRIAGES

Henry famously didn't have much patience when it came to his wives, the longest of his marriages being his first, to Catherine of Aragon, that officially lasted nearly 24 years. (The next-longest was his last, to Catherine Parr, which lasted three-and-a-half years before he died.) In addition, other than Catherine of Aragon, none of his marriages helped to enhance Henry's standing among the monarchs of Europe and his divorce from her greatly damaged what connections he had.

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Francis was practically chaste in comparison to Henry, having had two wives and two official mistresses in his time. His first wife was his second cousin Claude, whom he married when she was 14 and he was 19. Claude would die aged only 24 although the exact cause is unclear. Five years later Francis married Charles V's sister Eleanor of Austria, who had already been queen of Portugal, as a condition of his release and return to France.

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FAMILY

Henry's desire to have a male heir is notorious and often cited as a primary driver behind his multiple marriages. His only surviving son, Edward VI, was born to Jane Seymour in 1537 with his older sisters being Mary (born to Catherine of Aragon) and Elizabeth (born to Anne Boleyn). All three would ultimately sit on the throne, as Edward died only six years after his father and Mary only five years after that.

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Francis had seven children with his first wife (some believe this may have contributed to Claude's early death). His first son, Francis, was born in 1518 and his second, Henry (who would succeed him), in 1519. He actually only had two surviving children when he died, the other being his youngest daughter Margaret. Many of his children were married to cement alliances.

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REFORMS

The biggest change brought about by his reign is clearly the English Reformation as he broke from the Catholic Church and established himself as the head of a new Church of England. This involved new Acts of Parliament and new laws that removed the influence of the Vatican from civil matters. These changes were not necessarily popular, however, in much of his kingdom.

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Francis' devotion to the Catholic faith remained steadfast throughout his reign, even with all of the fighting with the Holy Roman Empire over Italian territory, so the Reformation wasn't much of an issue. One big change he made was the Ordinance of Villers-Cotterêts: this required priests to record births, marriages and deaths at a registry office, giving us the first data in Europe charting family trees.

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LEGACY

On his own terms Henry's reign was not a massive success. While he left a male heir, Edward died very young and left England to be thrown to and fro by Mary's and Elizabeth's subsequent Catholic and Protestant swings. However, Elizabeth I did usher in the so-called Golden Age and Henry VIII remains possibly the most famous monarch in English history, perhaps even more so than his hero Henry V.

♛♛♛♛♛

Francis has a much more mixed legacy in terms of the lasting impression he left on his own country in the short-term and history in the long-term. The repeating wars over Italy with Charles V were expensive, as was his support of Renaissance arts, although the latter left a lasting cultural impact on France. His persecution of the Protestants drove a wedge between his subjects and years of civil war followed.

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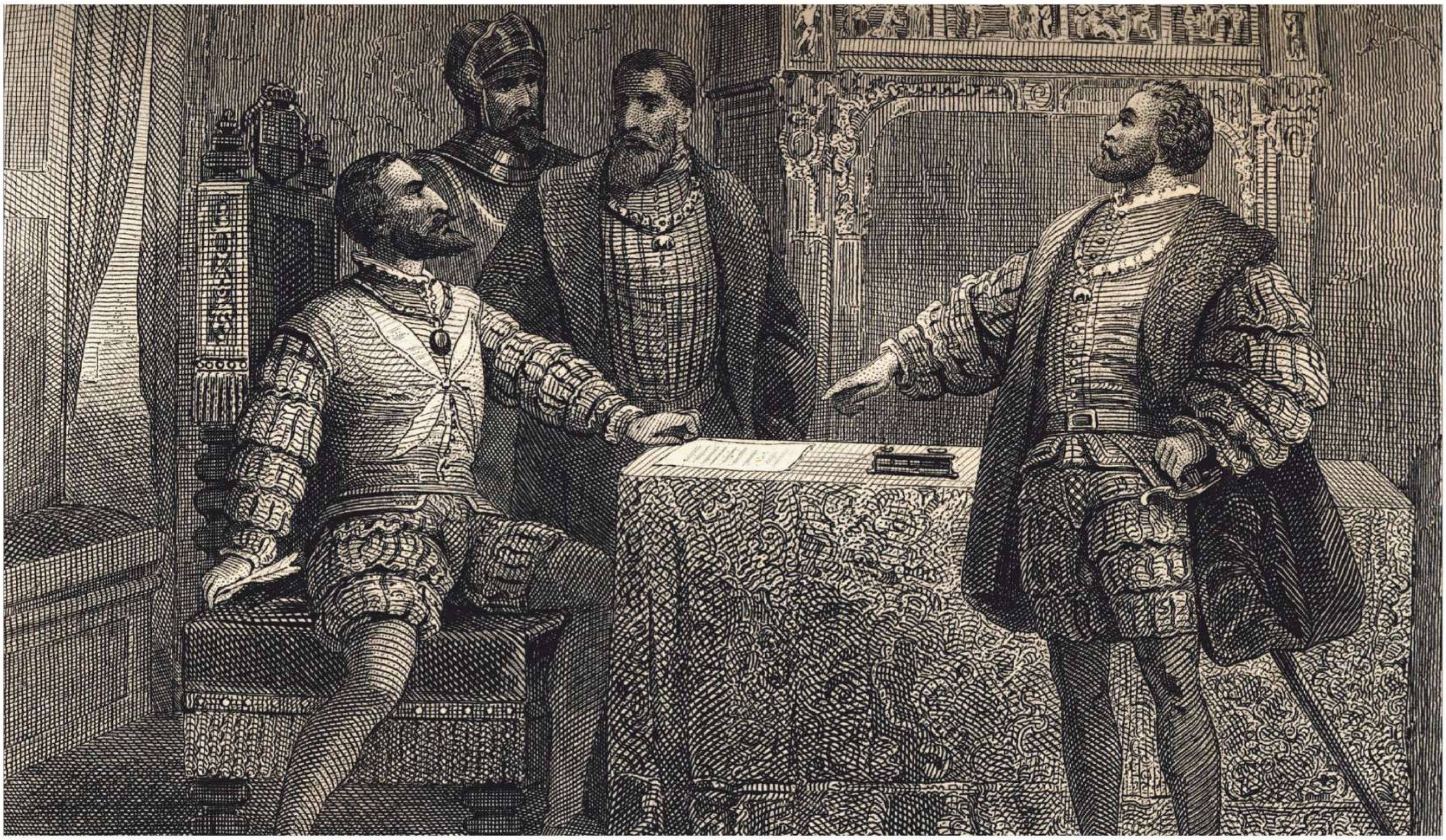
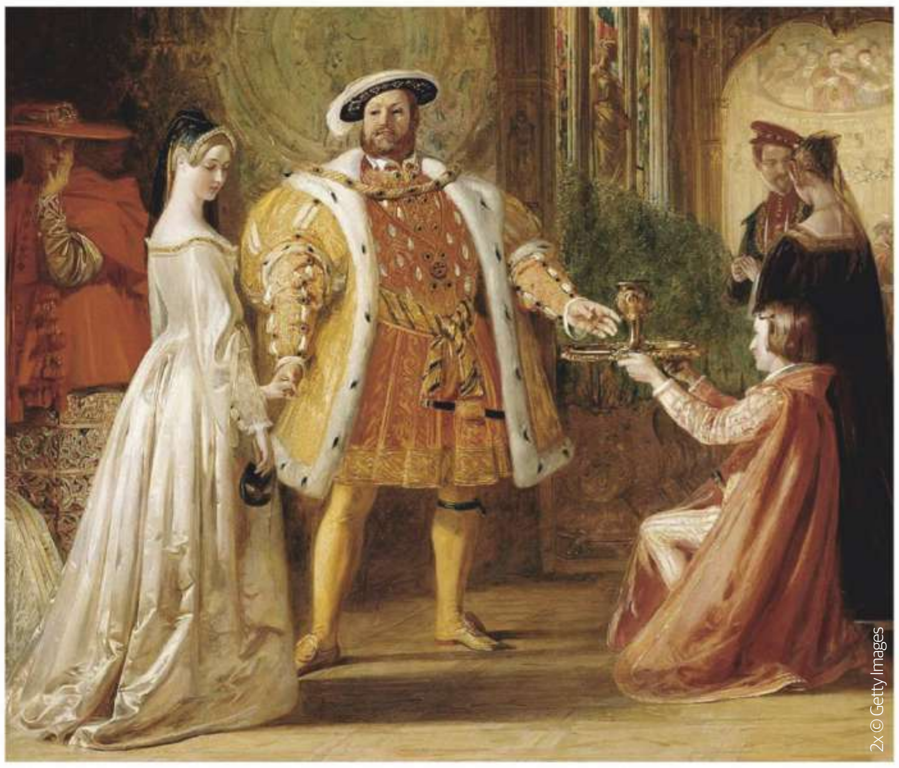


ABOVE Francis was forced to sign the Treaty of Madrid to secure his freedom

On top of this, the rivalry between the two kings was also becoming more intense on a personal level. Henry's quest for a legitimate male heir to secure his dynasty had so far been unsuccessful after his first son, Prince Henry, died shortly after his birth in 1511. To make matters worse, Catherine had given birth to two sons in 1513 and 1515 and to two daughters in 1517 and 1518, but all of them were stillborn. The couple's only legitimate heir was their daughter Mary, who was born in 1516. Meanwhile in France, Francis' wife Claude had given birth to a son, Francis, in 1518 and then a second son, Henri, the following year - talk about rubbing salt in the wound!

By now, Henry was once again eager to start a war with France to prove that he was a powerful player on the European stage. Instead, Cardinal Wolsey persuaded him to assert his influence on the Continent in a more diplomatic way by taking over Pope Leo X's idea to arrange a truce between the European monarchies so that they could resist the ongoing expansion of the Ottoman Empire together. The subsequent Treaty of London was signed in October 1518 and made 'universal peace' between all the major European powers, including Henry and Francis.

The threat of the Ottoman Empire was not the only shadow that loomed over Henry and Francis' relationship. In 1519, Maximilian died and his grandson, King Charles I of Spain, was unanimously elected to succeed him as Holy Roman Emperor Charles V. This decision changed the balance of power in Europe: as well as being king of Spain, Charles also ruled Austria and the Burgundian Netherlands, lands which he had inherited from both sets of his grandparents. Hoping to stop Charles from expanding his empire, Francis had also thrown his hat into the ring and, not one to be left out, so too had Henry, even though it was clear that he was never going to win.



BELOW Henry wanted Francis to support his marriage to Anne Boleyn

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> "It was obvious to those present that every friendly moment between the two men also had an undercurrent of rivalry"

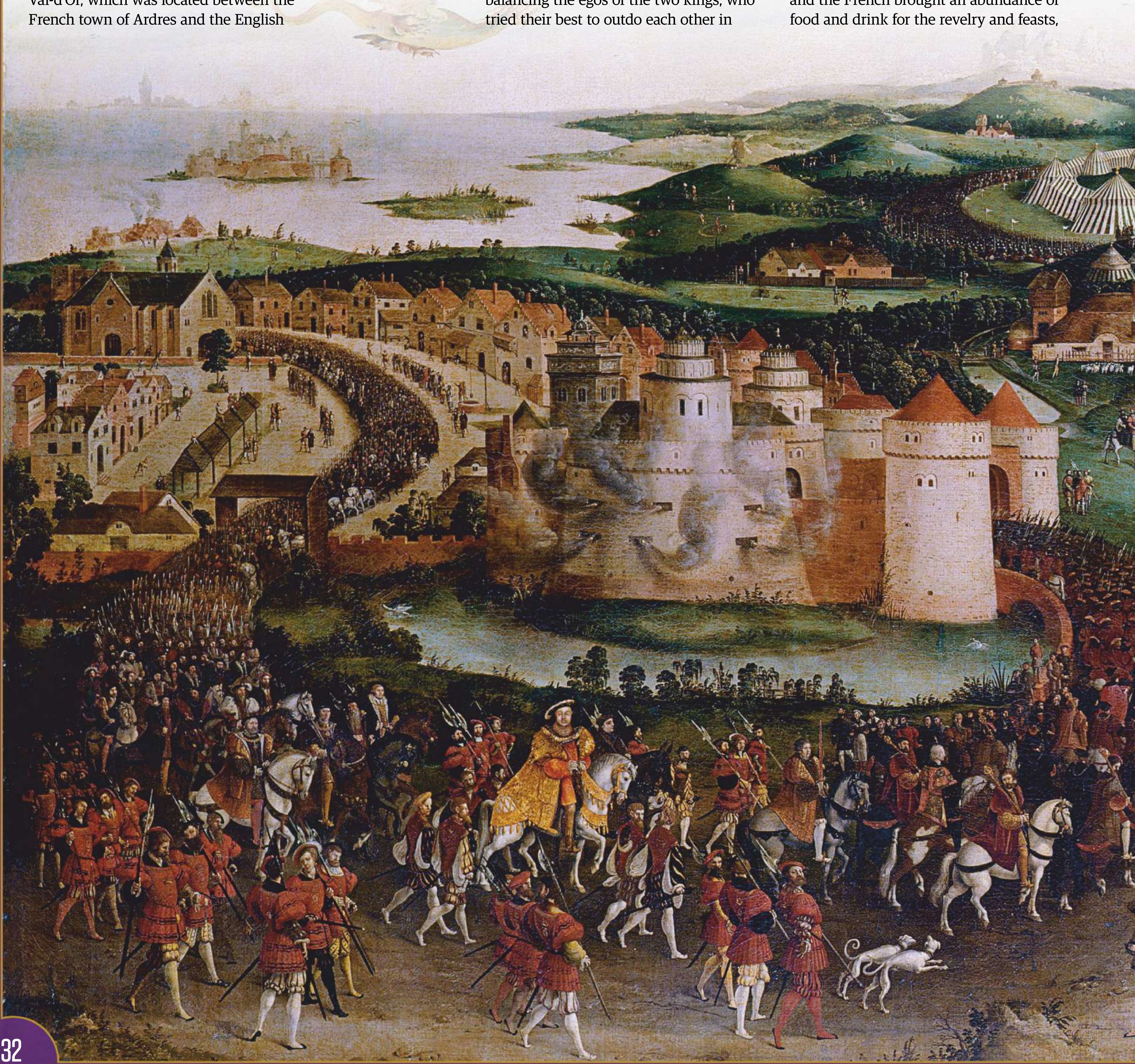
Thanks to the election, France was now surrounded by Charles' vast empire, the largest one in Europe for over 700 years. Unsurprisingly, Francis was unsettled by this and he wanted to cement his alliance with Henry as a bulwark against Charles' dominance in Europe. For Wolsey, who often tried to steer his king away from war, this was the perfect opportunity to arrange a meeting between the two men - the Field of Cloth of Gold.

Considering the rivalry between the two kings, it would be reasonable to wonder why they would agree to the meeting in the first place, but it was an opportunity to present themselves to the world as peacemakers and true Renaissance princes. To show his enthusiasm for the summit, Henry declared he would not shave his beard until they met. In return, Francis is said to have "laid his hand on his beard and said surely he would never put it off till he had seen him".

On 7 June 1520, Henry and Francis met in person for the very first time at the Val-d'Or, which was located between the French town of Ardres and the English territory of Guînes, at the edge of the Pale of Calais. The utmost care was taken when it came to picking the location of the summit to ensure that the two kings were meeting on equal terms and that neither one would appear to step down to the other. To cement their new alliance, it was also agreed that Henry's daughter Mary would marry Francis' oldest son and heir, Francis.

It almost goes without saying that the Field of Cloth of Gold was all about balancing the egos of the two kings, who tried their best to outdo each other in every possible way and indulge in their rivalry. The summit derived its name from the fact that the camp tents were made from cloth of gold, a fabric woven with silk and threads of gold.

The English famously erected a large temporary palace inspired by classical architecture and there were even two fountains outside, which flowed freely with wine. In fact, they also brought around 40,000 gallons of wine and 14,500 gallons of beer and ale. Both the English and the French brought an abundance of food and drink for the revelry and feasts,



and on Sundays the two kings would dine with each other's queens.

To keep the large retinues entertained, there was jousting, archery, wrestling and dancing. Always one to enjoy fine fashion, Francis even requested that his ladies wore the very latest Italian trends to show off to the English. It was obvious to those present that every friendly moment between the two men also had an undercurrent of rivalry, and great care was taken to prevent the two kings from becoming too outwardly competitive when they took part in tournaments.

> "Francis wanted another alliance with Henry but the English king had not forgotten his lifelong dream to conquer France"

Unfortunately, not all conflict between the two men could be avoided. Despite the fact that they had agreed not to compete against each other, Henry challenged Francis to a wrestling match, which he then promptly lost, to his fury. Even the Mass that was held at the end of the Field of Cloth of Gold for Corpus Christi could not escape Henry and Francis' rivalry, as their respective chapel choirs took turns to sing parts of the service.

Although the summit was undeniably glorious it was ultimately a failure, with very little achieved. In 1521, Francis

BELOW This iconic painting of the opulent Field of Cloth of Gold was created around 1545

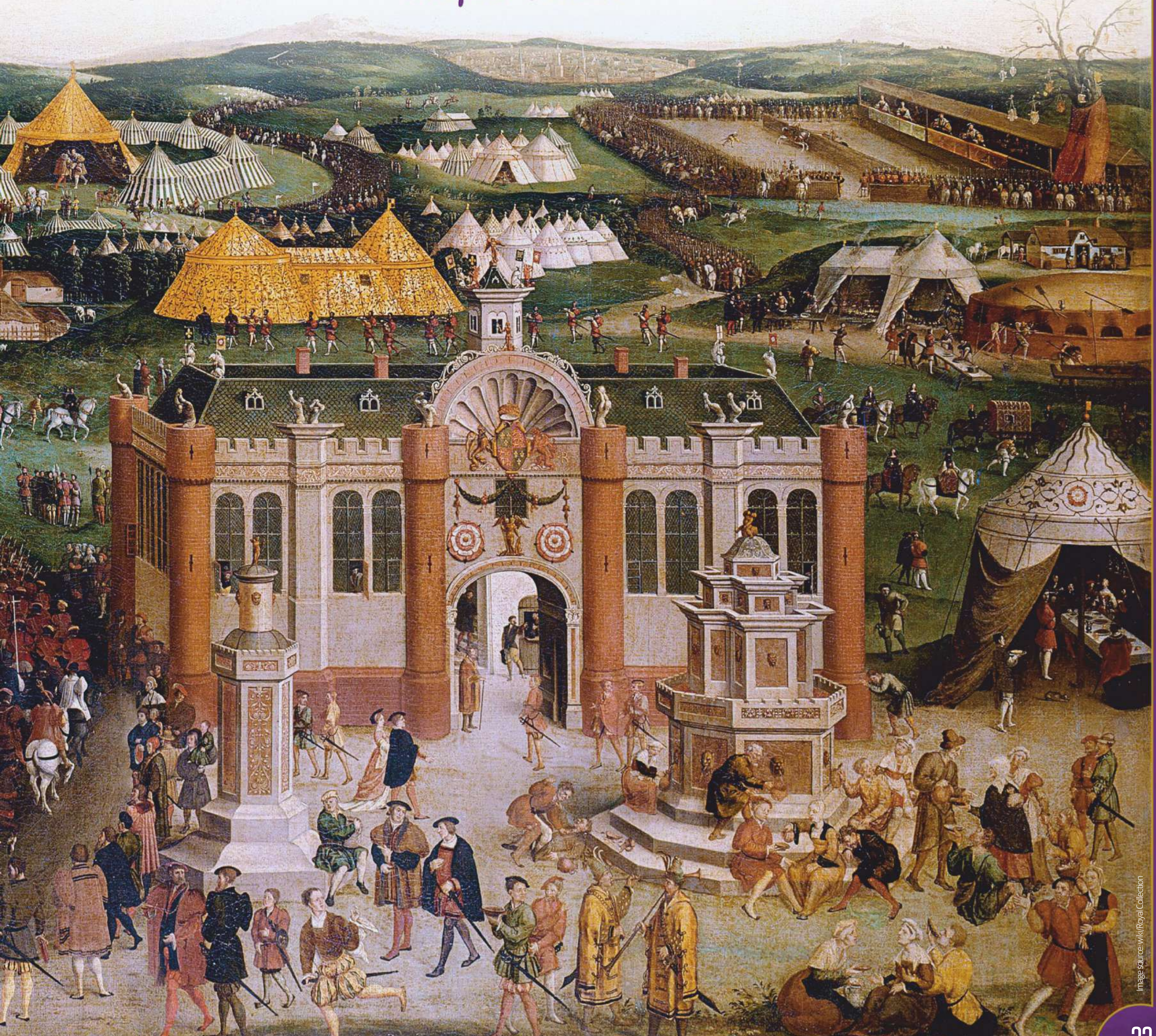


Image source: wiki/Royal Collection

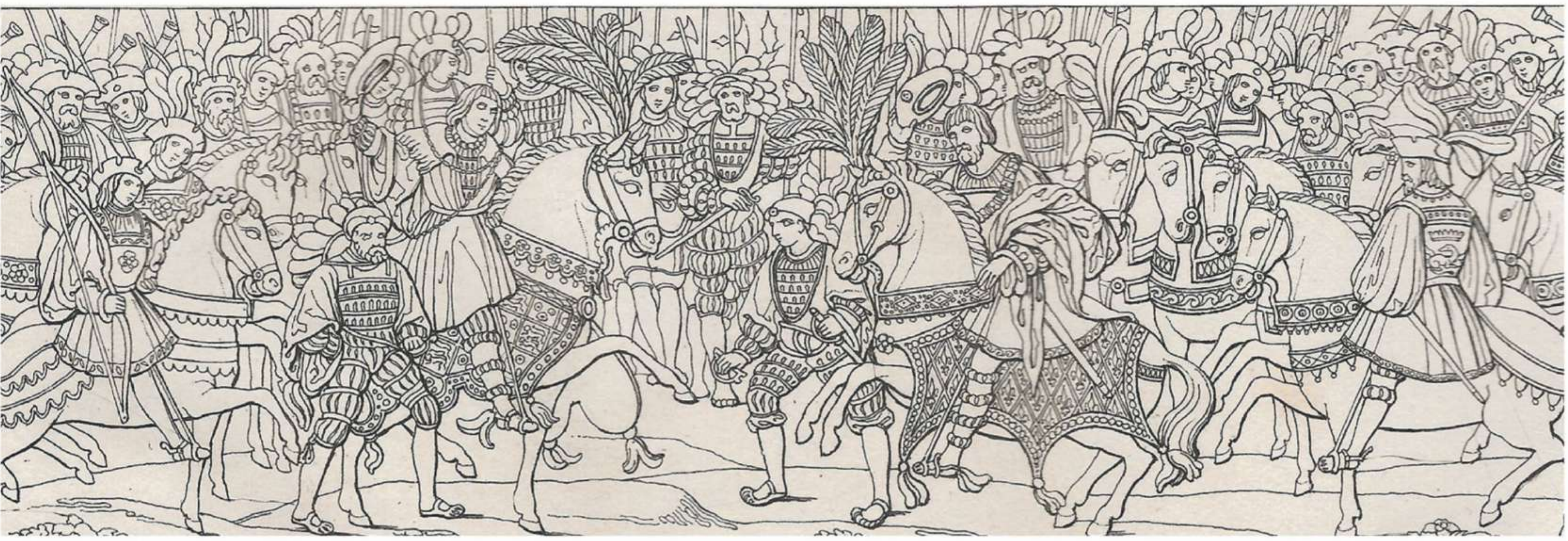


Image source: wiki/Historique des maisons de Rouen

launched an attack on Charles' empire and subsequently lost the Duchy of Milan in the ensuing war. Hoping to enforce his dynastic claims in France once again, Henry joined another anti-French alliance with Charles and launched another invasion in the north of France, which gained him nothing.

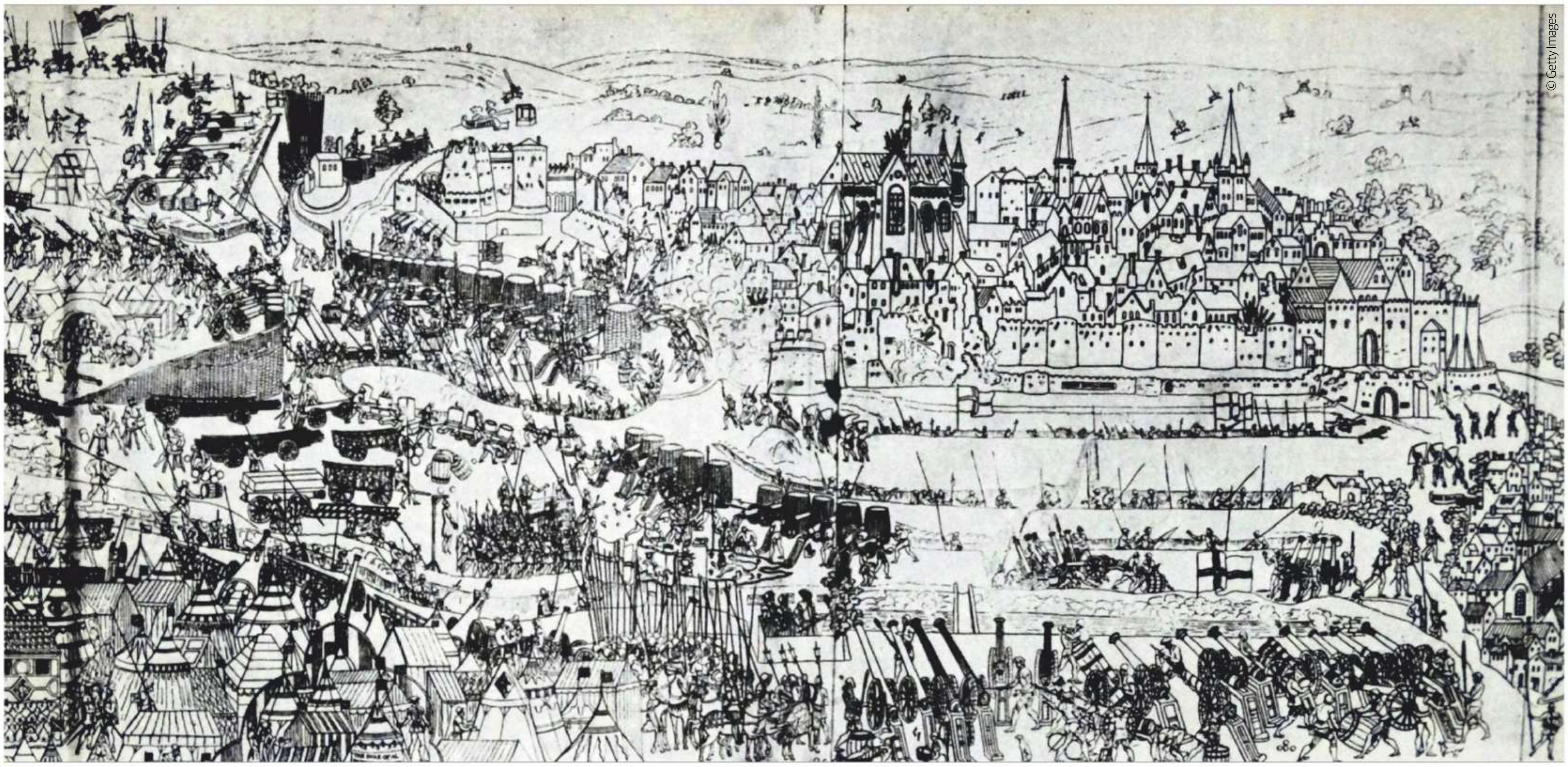
Soon enough, the tide turned once again when Francis was captured by Charles' forces at the Battle of Pavia in 1525. Henry was jumping for joy when he heard the news and saw yet another opportunity to stage an invasion of France in Francis' absence, but he lacked both money and domestic support to do so. Without these, Henry was out of options. Angered by the fact that Charles was refusing to recognise his claim to the French throne, Henry switched sides and signed the Treaty of the More with Francis' regent, his mother Louise. He promised to renounce some of his claims to French territory and to help negotiate for Francis' freedom in exchange for receiving a handsome annual pension from the French.

ABOVE This picture shows Henry VIII and Francis I meeting at the Field of Cloth of Gold

BELOW An engraving of Henry's siege of Boulogne in 1544

To secure his freedom, Francis signed the Treaty of Madrid in 1526, which forced him to give up his claims on Charles' territories and to hand over his two sons, Francis and Henri, as hostages in Spain. Since Claude had passed away two years earlier, Francis also agreed to marry Charles' sister, Eleanor of Austria. For Francis, this treaty was nothing short of humiliating and he repudiated it as soon as he was free, leaving Charles furious. Now the French king really needed to keep Henry as an ally.

This imbalance in their relationship soon changed, because Henry needed Francis' support as he sought to obtain a divorce from Catherine to marry his mistress, Anne Boleyn, in 1527. Unfortunately for him, his divorce was rejected by Pope Clement VII in Rome and in 1529 Charles and Francis signed the Treaty of Cambrai, which was similar to the treaty signed three years earlier. Francis' sons were released after he paid the ransom and now that they were free, it weakened Henry's influence over the situation. However, Henry agreed to help Francis to make the ransom payments on



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Renaissance Princes?

Historian Tracy Borman on Henry and Francis as Renaissance men

© Historic Royal Palaces

What did it mean to be a Renaissance prince?
A Renaissance man strove to embrace knowledge and develop himself – notably in the arts, physical achievements, intellectual pursuits and social ideas. For a prince, it meant cultivating a court renowned for its patronage of artists, writers, musicians and the like. He might also establish educational institutions and give generously to charitable causes.

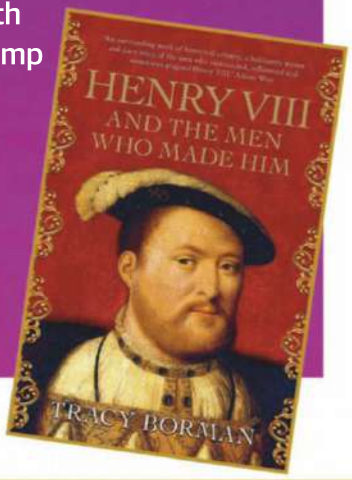
What were the ideal attributes of a Renaissance prince?
He would be an accomplished sportsman, demonstrating his prowess on the tournament field. But he would be chivalrous, too – a true and virtuous knight who would fight for a lady's honour. He would spend his life striving to expand his knowledge and that of his courtiers. In short, he would be able to turn his hand to anything – music, dancing, jousting, languages, rhetoric, art and writing.

Why did they strive to become Renaissance princes?
Both kings were educated in Renaissance virtues and accomplishments, which inspired their reigns. The young Prince Henry's first tutor was the poet laureate John Skelton. He taught Henry everything from languages and astronomy to mathematics and poetry. Even more influential was John Holt, who took over as Henry's tutor once he became heir to the throne. Henry began to study modern languages, classical history and languages, music and the works of Erasmus, a leading light of Renaissance thinking. And he spent a great deal of time honing his physical skills. A truly Renaissance education.

How did the two kings go about cementing their reputations as Renaissance princes?
Both men made sure their accomplishments and courts were talked about all over Western Europe. To achieve this, they hosted a series of ambassadors – and made sure that they enjoyed all the delights that their courts had to offer. It worked. Henry was described as "a prince of splendour and generosity" and his court as "magnificent, excellent and triumphant".

Do you think one king was more successful than the other as a Renaissance prince, and why?
Sorry, Henry, but I think Francis pips you at the post! Both men were cultured, highly educated and great patrons of the arts. They were also tall and athletic. But, splendid though Henry's court was, his rival's was renowned as the most cultured court in the world thanks to its attracting the likes of Leonardo da Vinci. Francis also bested Henry at wrestling at the Field of Cloth of Gold – and proved a bigger hit with the ladies. Little wonder Henry got the hump and promptly left to make a treaty with Francis' enemy Emperor Charles V!

Tracy Borman's latest non-fiction *Henry VIII And The Men Who Made Him* (Hodder & Stoughton, 2018), is now available in paperback.



HENRY VIII
AND THE MEN
WHO MADE HIM
TRACY BORMAN

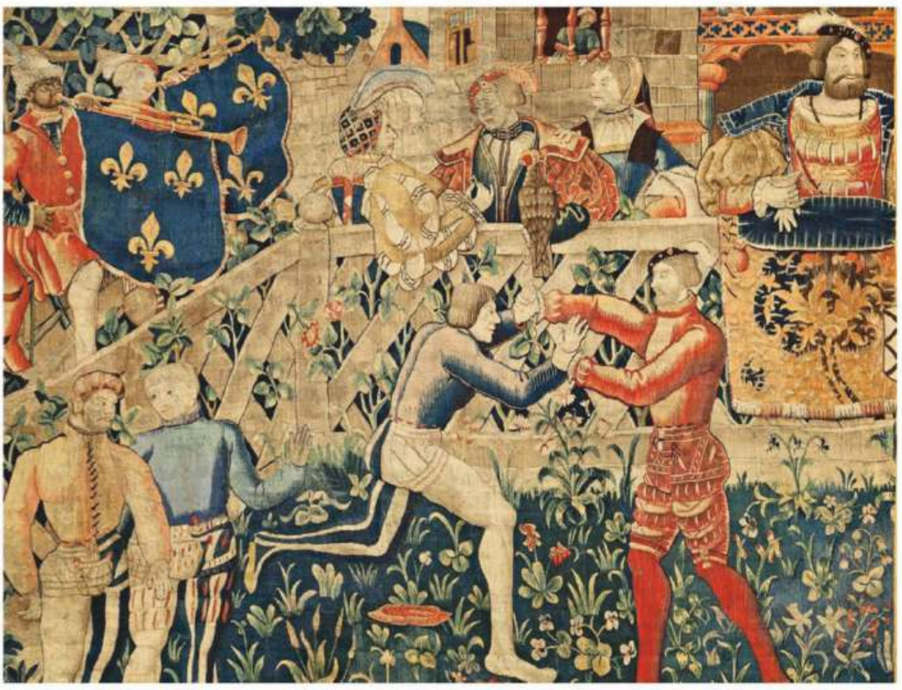


Image source: wiki/Sothebys

LEFT A tapestry showing Henry VIII at court watching a wrestling contest

the condition that the French king support his quest for a divorce.

Francis permitted English scholars to speak to the faculty of Theology of the University of Paris about the validity of Henry's marriage but at the same time, he was trying to stay allies with the Pope. Hoping to secure Francis' support for his marriage to Anne, Henry met Francis at the French court in Boulogne in October 1532, with Henry calling Francis his "beloved brother."

However, trouble between the two kings was brewing once again. Trying to encourage the Pope to turn his allegiance away from Charles V and towards Henry and himself, Francis arranged for a marriage alliance between his son, Henri and Clement's niece, Catherine de Medici. Henry wanted Francis to ensure the Pope granted his divorce before the marriage took place, particularly as he had condemned Henry's marriage that year. Despite failing to get assurances from the Pope regarding the divorce, Francis went ahead with his marriage to Eleanor of Austria and angered Henry.

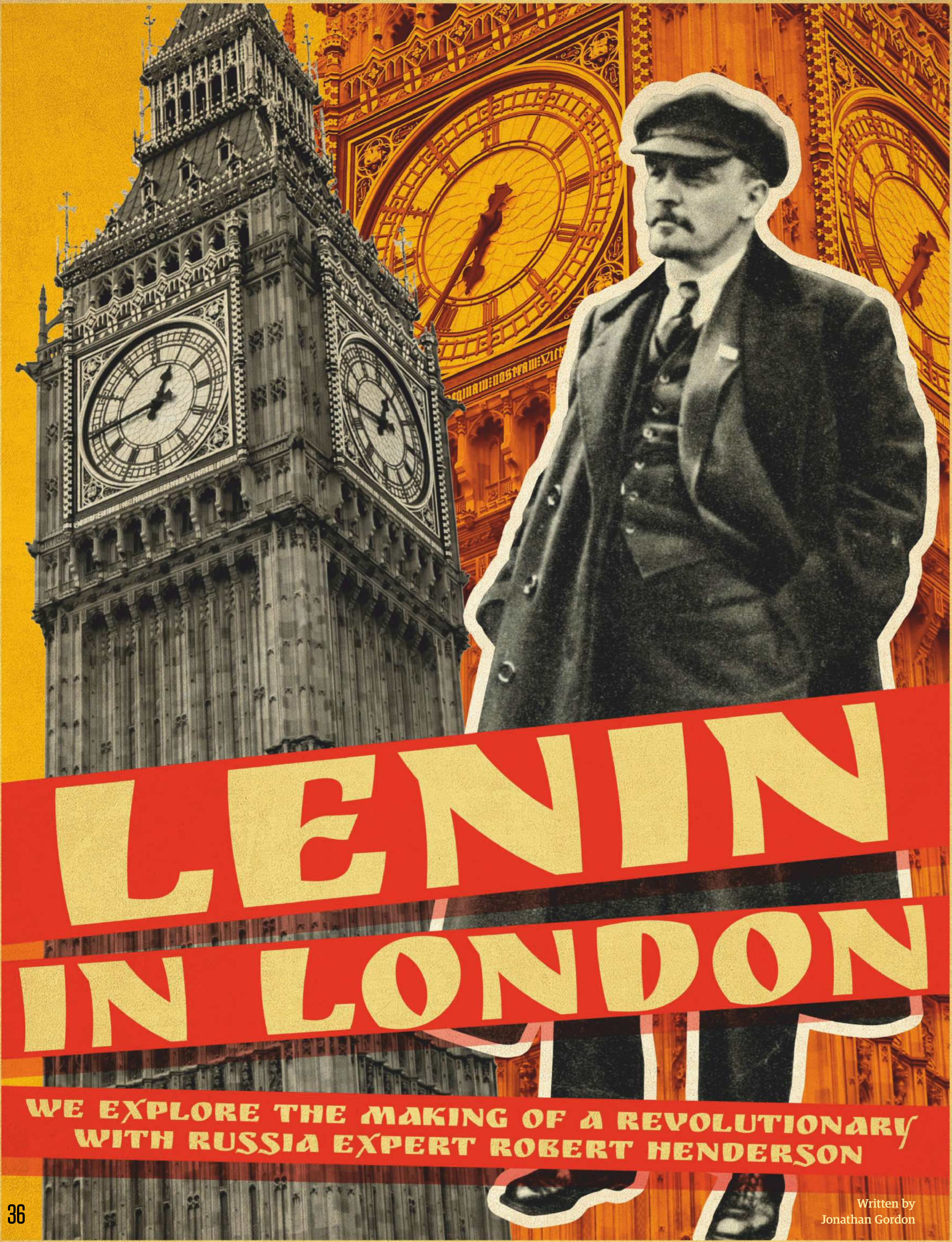
> "It's fitting that these two men, who played such pivotal roles in each other's lives, would die so close together"

Although he was mad, Henry remained in a neutral peace with Francis as the latter found himself at loggerheads with Charles again, but he quickly became unnerved when the two of them made peace in 1539. Both Francis and Charles were huge Catholic powers and Henry was now in a vulnerable position, having broken from the church in Rome and declaring himself as the Supreme Head of the Church of England. Fearing an invasion from this new alliance between Francis and Charles, Henry developed his navy and modernised his coastal defences.

As it turned out, Henry didn't have to be worried about the alliance for too long, because they were back at each other's throats by 1541. Francis wanted to form another alliance with Henry but the English king had not forgotten his lifelong dream to conquer France. Instead, he secretly allied himself with Charles and together they agreed to invade France, with Henry launching his attack in June 1544. He successfully laid siege to Boulogne and captured the city in September, but Charles' own invasion failed and he quickly made peace with Francis once again.

The new war between Henry and Francis lasted for two years, with the French attempting to invade England in 1545, only to be stopped at the Battle of the Solent – which is chiefly remembered for the sinking of the Mary Rose. With both sides running out of money, the two kings made peace once again and they signed the Treaty of Camp in June 1546. Francis agreed for Henry to keep Boulogne for eight years, after which it would then be ransomed back to France.

On 28 January 1547, Henry died at the Palace of Whitehall and just two months later, Francis died at the Château de Rambouillet. It seems fitting that these two men, who played such pivotal roles in each other's lives for over 30 years, would die so close together. After five centuries, it is clear that the comparisons of the lives and reigns of Henry and Francis are not going to stop any time soon. ○



LENIN IN LONDON

WE EXPLORE THE MAKING OF A REVOLUTIONARY WITH RUSSIA EXPERT ROBERT HENDERSON

Written by
Jonathan Gordon

Image source: wiki/marxists.org

HOLFORD Sq
W.C

© Getty Images

TOP A photo taken by Nadezhda Krupskaya, Lenin's future wife, of the St Petersburg League Of Struggle For The Emancipation Of The Working Class, set up in 1895 when he was 25

ABOVE Lenin lived at 30 Holford Square (centre-left, with the woman on the balcony) for about a year from 1902

Opening image: © Getty Images

Revolution was already in the air. As the 19th century came to a close, the radical shock wave sent around the world at the end of the 18th century by the American War of Independence and the French Revolution could still be felt. In some places, like Britain, it had forced slow but ever-increasing reforms of the state giving greater voice to the masses. In other states, like Russia, it had meant ever-increasing central government control, oppression and the persecution of opposition voices.

> "VICTORIAN ENGLAND HAD ALWAYS BEEN PROUD OF ITS REPUTATION FOR WELCOMING REFUGEES FLEEING FROM ANY REPRESSIVE STATE"

This was the world that Vladimir Ilyich Ulyanov, later to take the alias of Lenin, joined when he was born in the small town of Simbirsk (renamed Ulyanovsk in 1924 after Lenin's death). As the son of a school inspector, Lenin grew up in relative comfort, with maids and cooks looking after the family. His parents Ilya Nikolayevich Ulyanov and Maria Alexandrovna Ulyanova were not radicals, but they seem to have raised them, fostering an atmosphere of open debate and a respect for self-education. But it was likely the double blow of his father's death and the execution of his eldest brother that sent Lenin down an extreme path.

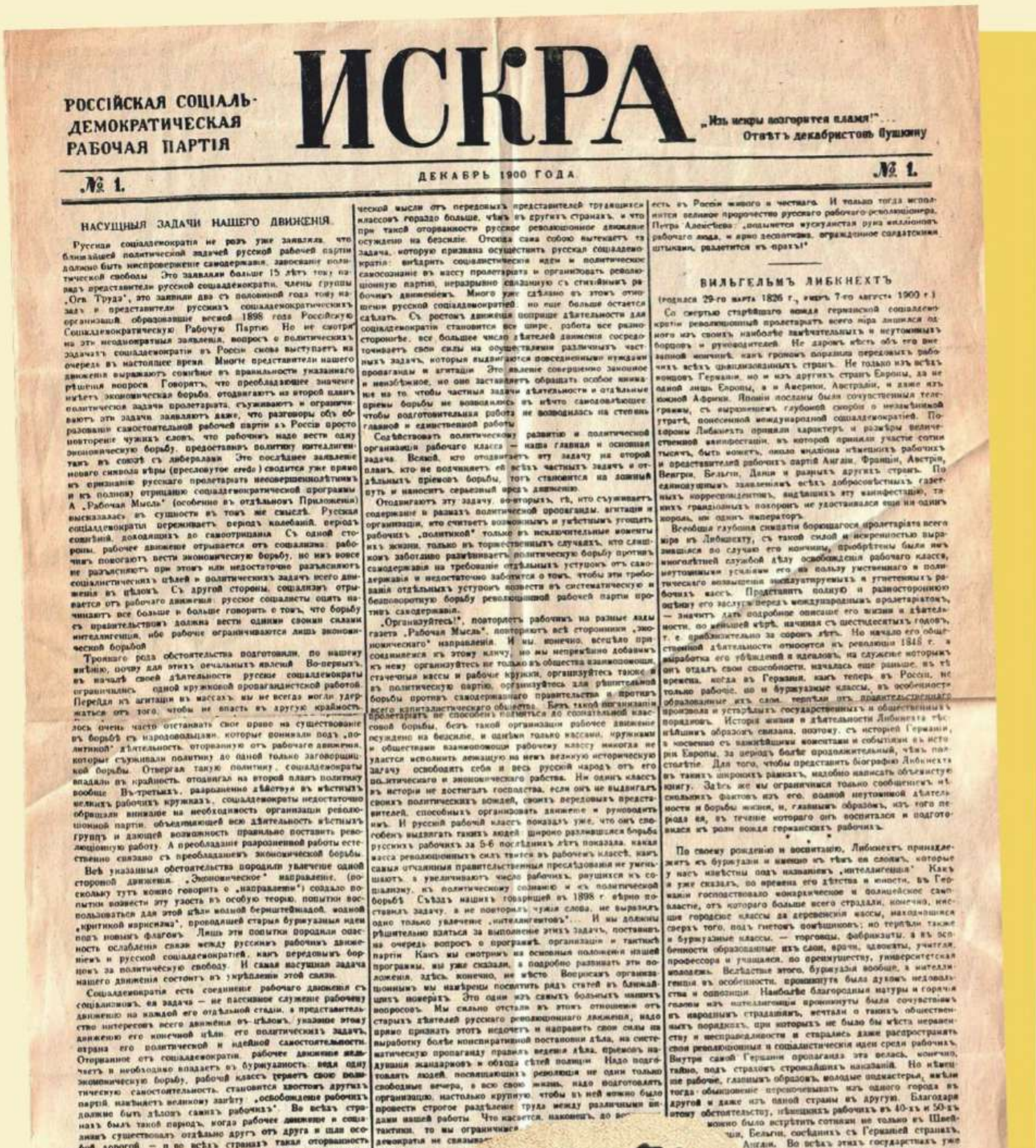
"In 1886, when Lenin was only 16, his older brother Alexander had been executed for conspiring to murder Tsar Alexander III," Robert Henderson, author of *The Spark That Lit The Revolution* tells us. "He had been devoted to his brother whom he'd placed on a pedestal, so you can only imagine the impact this would have had on a young man's psychology and his general outlook. It may have been this event more than any other that set him off on his radical path." Despite all of this he still managed to graduate at the top of his class from school and looked to study law at university.

It's at this point that Lenin's determination to incite revolution began to take shape. He often cited the radical author Nikolay Chernyshevsky's *What Is To Be Done?* as the book that set him down this path, and he would not have been alone in that experience. However, thanks to his increased political activity and the fate of his brother, the authorities were already paying close attention to him and he was expelled from Kazan University for leading a student protest.

He still managed to graduate eventually and took up work as a barrister in St Petersburg in 1893, becoming involved with

LENIN'S CAPITAL

A brief guide to the places Lenin frequented in London


РОССІЙСКАЯ СОЦІАЛЬ-
ДЕМОКРАТИЧЕСКАЯ
РАБОЧАЯ ПАРТІЯ

ИСКРА

„Изъ искры возгорится пламя!"...
Отвѣтъ декабристовъ Пушкину

№ 1. ДЕКАБРЬ 1900 ГОДА № 1.

НАСУЩНЫЯ ЗАДАЧИ НАШЕГО ДВИЖЕНІЯ.

ВИЛЬГЕЛЬМЪ ЛИБКНЕХТЪ

© Getty Images

ABOVE *Iskra*, meaning '*The Spark*', was the communist paper Lenin and others produced in London and shipped back to Russia

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BACON'S
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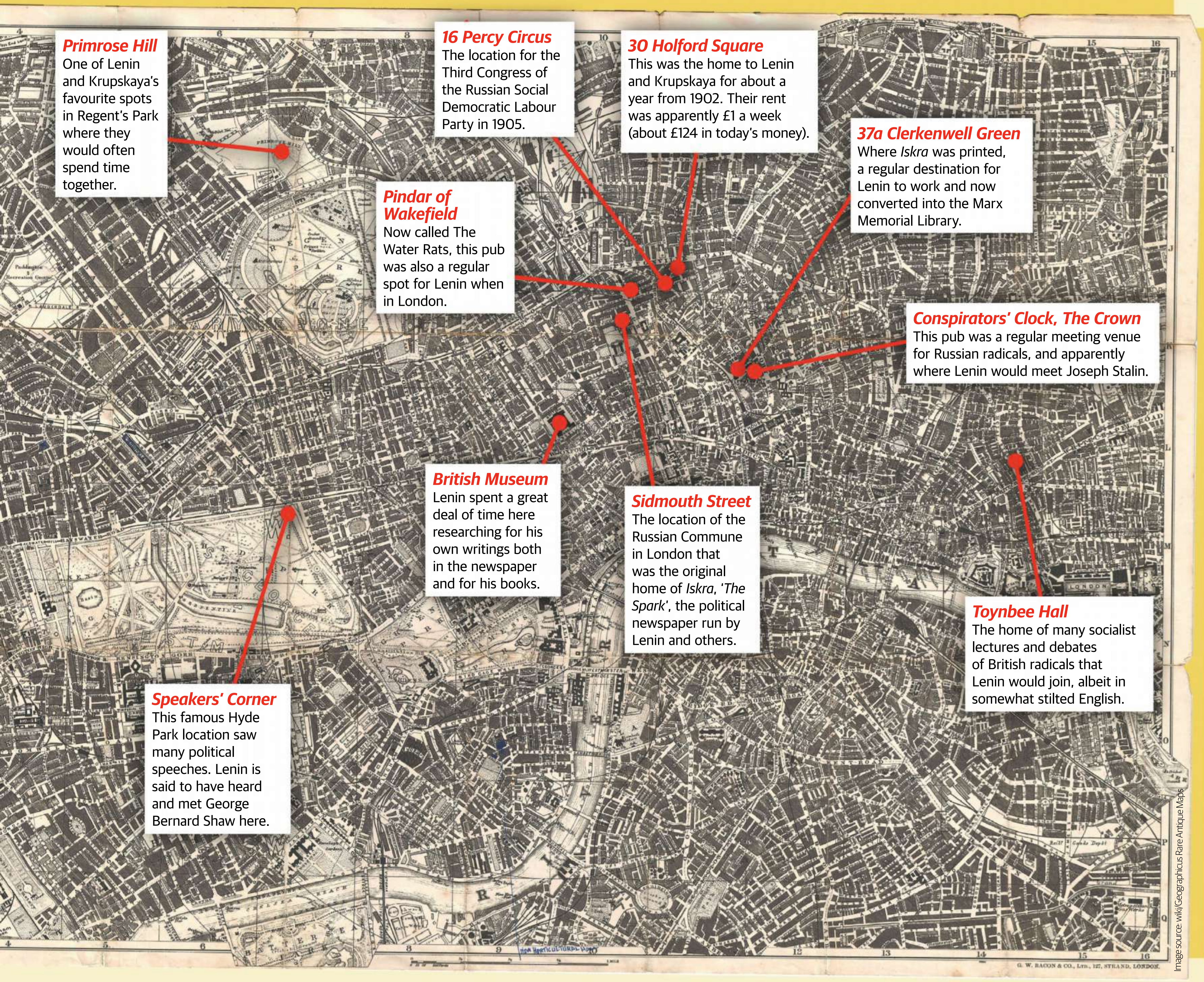
Marxist organisations in the capital. It's at this time that he met his future wife, fellow Marxist Nadezhda Krupskaya, and began to travel, researching revolutionary governments such as the Paris Commune of 1871 and the extended writings of Karl Marx. Such activities saw Lenin arrested and imprisoned for sedition, even being exiled to Siberia for three years in 1897, where Krupskaya later joined him. Upon their release, however, they found staying in Russia too challenging, with authorities breathing down their necks, and like many other Russians looked west for refuge.

"Victorian England had always been proud of its reputation for welcoming refugees fleeing from any repressive state, so the new Russian arrivals were no exception," Henderson explains. "Initially, at least, they were warmly welcomed. They needed a place where they could continue their propaganda work in safety, produce newspapers and set up networks for transporting these materials back to Russia. London fitted the bill perfectly." The capital had in fact developed a large Russian population, especially in the East End, which became known as the Little Russian Island. Paris, Geneva and Berlin had all been places of refuge for Russian radicals, but the activities of Tsarist secret police stretched through the continent, pushing ever further west.

The first Russian exiles had begun to arrive in London in the 1850s, but this was followed by an explosion of activity in the 1880s after the assassination of Alexander II on 13 March 1881. Anti-Semitic pogroms had started and the restrictive May Laws followed, causing many in the Jewish community to flee the country. Political opposition in all its forms was also targeted, which led to an exodus of political thinkers to Europe and beyond. But even then these opposition figures might not be safe.

"The Okhrana [secret police] began to expand its operations throughout Europe and many of the fugitives found that nearly the only remaining refuge was England, and in particular London," Henderson tells us. "They settled primarily in the East End, but communities also sprung up in Hammersmith and elsewhere. Meanwhile Lenin and many other intellectuals favoured central London, Bloomsbury in particular. This was



Primrose Hill
One of Lenin and Krupskaya's favourite spots in Regent's Park where they would often spend time together.

16 Percy Circus
The location for the Third Congress of the Russian Social Democratic Labour Party in 1905.

30 Holford Square
This was the home to Lenin and Krupskaya for about a year from 1902. Their rent was apparently £1 a week (about £124 in today's money).

37a Clerkenwell Green
Where *Iskra* was printed, a regular destination for Lenin to work and now converted into the Marx Memorial Library.

Pindar of Wakefield
Now called The Water Rats, this pub was also a regular spot for Lenin when in London.

Conspirators' Clock, The Crown
This pub was a regular meeting venue for Russian radicals, and apparently where Lenin would meet Joseph Stalin.

British Museum
Lenin spent a great deal of time here researching for his own writings both in the newspaper and for his books.

Sidmouth Street
The location of the Russian Commune in London that was the original home of *Iskra*, '*The Spark*', the political newspaper run by Lenin and others.

Toynbee Hall
The home of many socialist lectures and debates of British radicals that Lenin would join, albeit in somewhat stilted English.

Speakers' Corner
This famous Hyde Park location saw many political speeches. Lenin is said to have heard and met George Bernard Shaw here.

Image source: wiki/Geographicus Rare Antique Maps

due mainly to the proximity of the British Museum and its famous library, which was heavily used by a whole host of newly arrived émigrés."

The Lenin who arrived in London was already a well-established radical, but he used the capital as the staging ground for greater political work. "He'd just turned 32 when he first set foot on English soil. That was in April 1902 and even back then he showed some of that energy, determination and drive that would help him through the tumultuous events of 1917 and beyond," says Henderson.

"He came to London on five or six occasions and the first time he was primarily occupied with the production of a newspaper, *Iskra*, '*The Spark*'. That pretty well took up most of his time, which he spent either in his office in Clerkenwell or in his beloved British Museum. Occasionally he would visit his co-editors in their shared accommodation in Regent Square, a delightful flat that earned the nickname The Iskra Commune. All sorts of people attended there. Less frequently he would dine out in one or two of his favourite bars or restaurants in the King's Cross area, and only rarely he would venture out to visit an East End music hall, catch a play or attend a classical concert, but that was the exception rather than the rule. More often than not, though, as his wife Krupskaya wrote in her memoirs, both of them were to be found at the Regent Square home of Konstantin Takhtarev and his wife Apollinariya Yakubova."

The British Museum Reading Room became the epicentre of Lenin's London life, much as it had been a regular destination for his inspirations Marx and Friedrich Engels many years before.

"THE POLITICAL REFUGEES IN LONDON WERE ANTI-MONARCHIST TO A MAN, BUT THEIR MAIN FOCUS WAS ALWAYS ON THEIR OWN COUNTRY"

The extensive book collections held there were exactly what they needed to develop their ideas and find the historical precedents for the revolutionary action they were determined to promote. Lenin's time in London likely didn't radicalise him further, as such, but rather cemented his views.

Henderson explains: "Long before his arrival he had obviously formed firm opinions on the iniquities of such capitalist corroborations as London, the yawning divide between rich and poor, between the haves and have nots, or the 'two nations' as he described it to Trotsky as he took him on a tour around the capital. Such firm views were pretty much already set in concrete and they were hardly going to change now that he had personally experienced the hardships of London life. If anything his experience had only served to reinforce his beliefs.

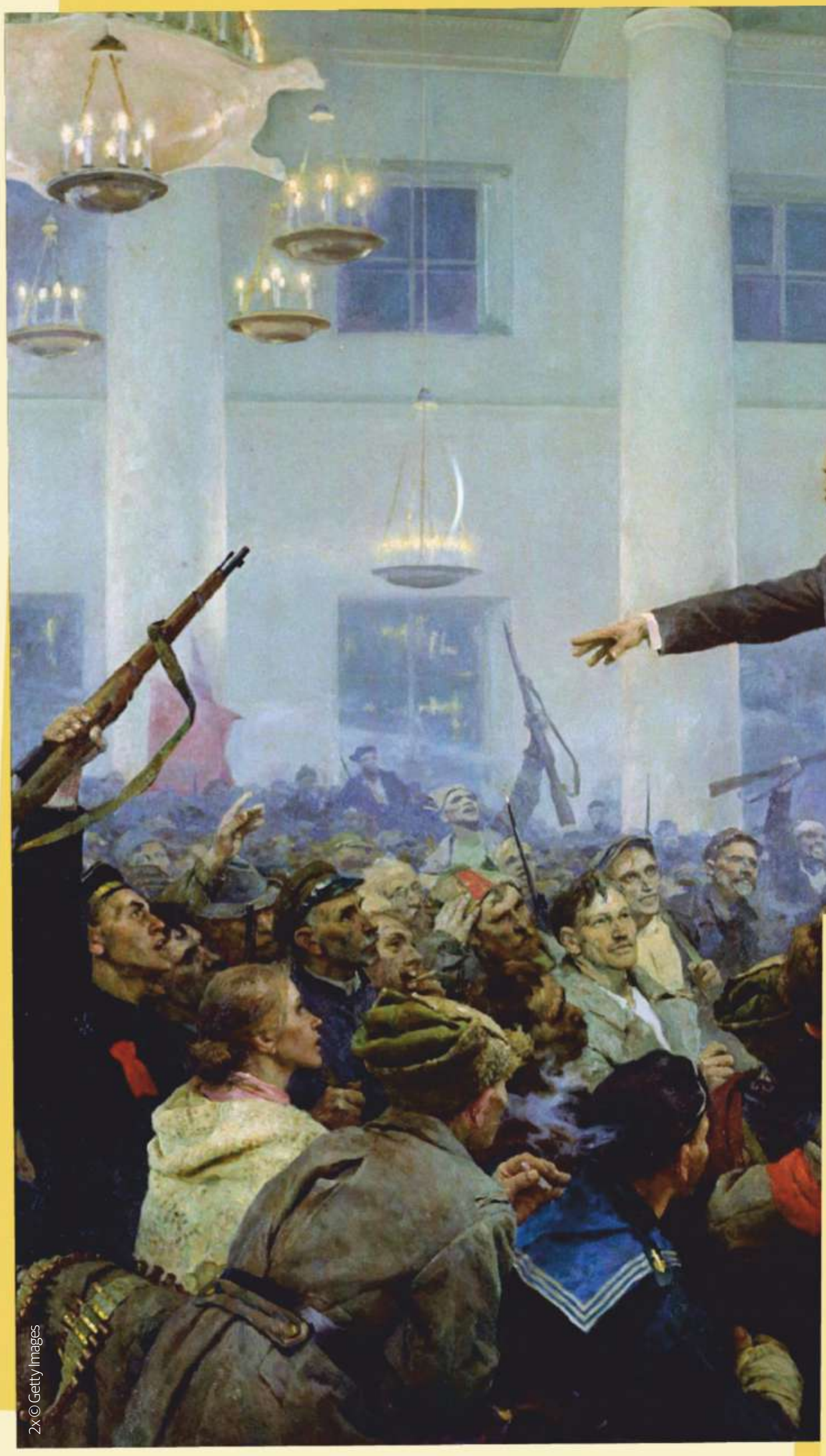
"There was an interesting observation by one commentator, Max Beer, who described Lenin as 'a socialist Peter The Great', as someone who 'took from Western learning just as much as he needed for the transformation of Russia' and 'though living and studying for years in Central and Western Europe and admiring much of what he found there, his heart and his spirit were always dwelling in his Russian land, in the midst of its workers and peasants'."

The Russian Social Democratic Labour Party would go on to hold their Second, Third and Fifth Congresses in London (the second starting in Brussels before Belgian authorities pushed them out). It was at the Second Congress that the party split into the Bolshevik and Menshevik factions that would go on to have such a massive and destructive impact in Russia through 1917 and into the Russian Civil War that followed.

Despite all of this Russian political activity going on in London, those involved apparently didn't engage too much in local matters, even when the British royal family had such close ties with their despised Romanovs. "The political refugees in the capital were anti-monarchist to a man, but their primary focus was always on their own country. It's a bit of a generalisation, but they tended not to pass comment on the situation in their host country. It was almost regarded as impolite," says Henderson.

"At the 1907 Congress there were several speeches that deplored the new rapprochement between the British and Russian governments, but respective heads of state didn't come in for much criticism. Shortly before that Congress the Russian dowager empress [Maria Feodorovna] herself had paid a state visit to her sister Queen Alexandra, the wife of Edward VII, and as far as I'm aware the Russian community passed virtually no comment. Similarly, two years later when Tsar Nicholas II visited Cowes on a state visit, there had been quite a protest from the British left that had been brought about by a scandal that had just broken out in Paris and the full extent of Russian police operations in the capital had just been exposed. But here again the Russian emigres said very little on the subject when Nicholas arrived."

"LENIN'S PERSONAL EXPERIENCE OF THE HARDSHIPS OF LONDON LIFE ONLY SERVED TO REINFORCE HIS POLITICAL BELIEFS"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LONDON COUNTY COUNCIL
VLADIMIR ILYICH ULYANOV
LENIN
1870-1924
FOUNDER OF THE U.S.S.R.
LIVED HERE
1902-1903

Despite not getting involved in local politics, Lenin still engaged massively with London life and seems to have really taken to it. Indeed, when the editorial board of *Iskra* voted to move their office to Geneva, he was the only senior member to vote in favour of staying put in Clerkenwell. He would return again and again to the British Museum for his research as well as enjoying local pubs, dance halls and attending several political debate groups and speeches. Henderson gives us one of the rare examples of when Lenin deigned to pass comment on local politics at such an event: "He did attend a talk in the East End given by a Liberal politician, Viscount Morley, on British foreign policy. Lenin is reported to have stood up and asked the speaker why he had chosen that particular subject to speak on in the East End where no one was interested in it and the people, as Lenin said, were ground down by capitalism."

Despite this, though, as Henderson reminds us, "He was interested in Russia primarily and it was the Russian people who he wanted to convince of his cause."

Henderson himself has been pursuing the details of Lenin's life in London for many years, piecing together his movements, where he lived and perhaps most importantly what he read. Tracing his activities in the British Museum has been made even more challenging thanks to Lenin's use of various pseudonyms when he signed out materials in the Reading Room. Even so, Henderson feels he has discovered in his research a more rounded and fully realised human being behind the legend of the revolutionary that the Soviet Union turned him into.

"Lenin is one of the most researched individuals in history," he says. "There's a minutely detailed official Soviet chronicle

RUSSIA'S LOST RADICAL

The reassessment of Apollinariya Yakubova

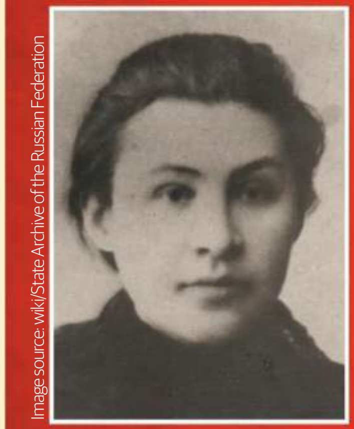


Image source: wiki/State Archive of the Russian Federation

Rumours have long swirled around Lenin that he had either an unrequited affection for or perhaps full-blown affair with Apollinariya Yakubova. Until recently, however, we didn't even have a photo of Yakubova, but thanks to Robert Henderson that changed a few years ago. "It had been rumoured back in the 1960s that in St Petersburg at some point in the 1890s Lenin had actually made a proposal of marriage to Yakubova and had been turned down by her," says Henderson. "All that had been known about this mysterious woman is that she had been described by contemporaries as possessing a rare beauty and wonderful character, but infuriatingly no likeness of her was known to exist. Then, almost by accident, during a research trip I took to Moscow in 2015 I actually came across a photograph of her in the state archives."

This photo was widely publicised, picked up by media in Russia most of all, but it also helped to bring the life of Yakubova back into focus as one of the co-founders of the Russian Social Democratic Labour Party and seasoned activist in her own right. Henderson's dug even deeper for his new book.

"I was able to make contact with one of Yakubova's distant relatives, who was her great niece, I believe," he says. "I met her in Holland a couple of years back and she very generously gave me access to and permission to publish Yakubova's private papers, which include a whole range of absolutely beautiful photographs. I think that the importance of Apollinariya Yakubova should not be underestimated, certainly not her role in the Russian revolutionary movement or the formation of the Russian revolutionary movement."

ABOVE-LEFT This painting depicts Lenin at the Second All-Russian Congress Of Soviets in St Petersburg in 1917

LEFT Russian Ambassador Maisky unveils a plaque at 30 Holford Square, c.1942

BELOW The British Museum Reading Room was the epicentre of Lenin's life in London, as it was for many other political thinkers and academics

of his life that runs to 13 substantial volumes and it covers practically every day of his life, sometimes by the hour. It's no surprise, therefore, that recent biographies repeat a lot of what was previously known. My book, I hope, is different in that it contains a wealth of previously unknown biographical data and I've sourced that from numerous international archives, contemporary newspapers and journals, and from certain overlooked personal reminiscences. For example, the fascinating Yakubova materials have never before been published, obviously, and through my research in the Okhrana archive and the Hoover Institution in Stanford University, California, I was able to get a full description of this secret 1905 London Congress of the RSDLP (Russian Social Democratic Labour Party). All in all in my book I list about a dozen or more new addresses in London that were associated with Lenin and his various visits here, and I also include an appendix that features a detailed listing of each individual book that he consulted during his frequent visits to the British Museum."

So with all of that research, does he think Lenin has been misunderstood in any respect? "Lenin's widely seen as a kind of driven, determined, but rather humourless individual; he knew exactly what he wanted and where he was going. He seems a rather dispassionate man, in general, who let nothing and no one stand in his way. And I suppose my research does back up these views to a certain extent, but then again such one-dimensional descriptions can be rather misleading. I think my book may offer a broader picture of the man. For example, as the reader will discover, he was certainly not devoid of humour, he also knew how to enjoy himself in company and on the emotional side his complex and ongoing relationship with Apollinariya Yakubova shows that he was certainly not short of passion." ○

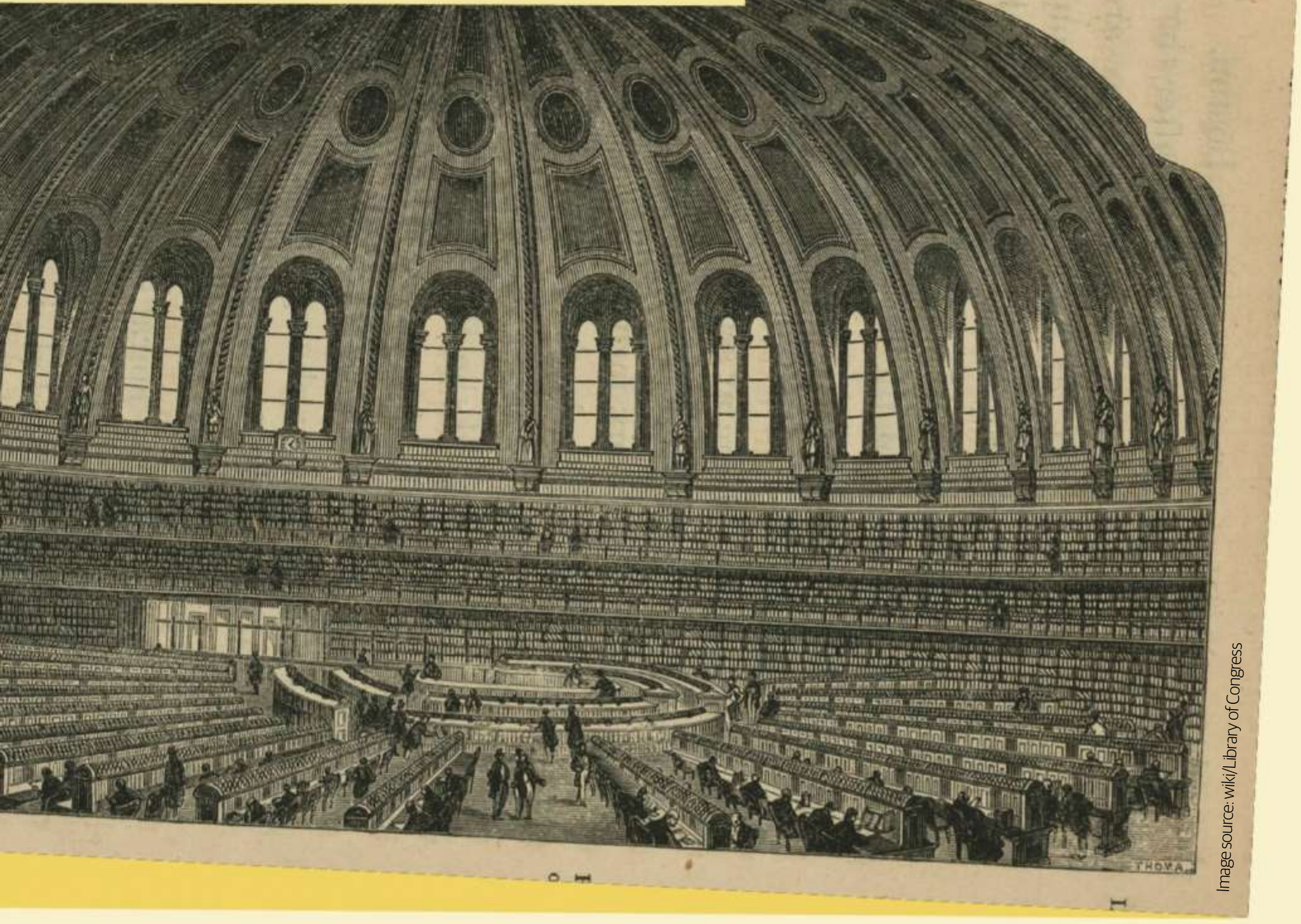


Image source: wiki/Library of Congress

EXPERT BIO

Robert Henderson is honorary research fellow at Queen Mary, University of London. He is the author of *Vladimir Burtsev And The Struggle For A Free Russia*, along with many journal articles and book chapters on various aspects of Russian history. ***The Spark That Lit The Revolution* by Robert Henderson is available now from Bloomsbury.**

LENIN IN LONDON AND THE POLITICS THAT CHANGED THE WORLD
I.B.TAURIS
THE SPARK THAT LIT THE REVOLUTION
ROBERT HENDERSON

DIVIDING *Genghis Khan's* EMPIRE

Möngke Khan's death sent shock waves across the Mongol empire, splitting it into four pieces

Written by Frances White

Möngke Khan was a khagan driven by two dominant forces: plans and ambitions. His reign began in 1251, and he set about cutting a bloody swathe through his enemies, weeding out all opposition and threats. The purge was brutal and grisly, but it left his clan as the most dominant in the Mongol empire. Once his reign was secured, Möngke set his plans in motion – bringing about administrative reform to provide stability for his nation, helped hugely by a better-regulated tax system. All these reforms ensured that Möngke presided over a stable nation that could fill his armies with men for his campaigns across Persia. Möngke's plans led his armies to Syria and China. However, there was one thing the great khagan did not plan for… his own death.

Möngke's unexpected demise in 1259 brought his conquests to a screeching halt. To this day the true cause of his death remains a mystery, with dysentery, cholera, drowning and a rogue arrow all suggested. However, there is one thing we do know about Möngke's death – it split his empire in two.

His two younger brothers, Kublai Khan and Ariq Boke, both focused their ambitions on the throne. By all accounts it should have been Kublai's, as he was older. But Ariq was favoured by Möngke, and had been named regent while Möngke was on campaign. Yet he believed his older brother intended him to usurp him. Ariq, like Möngke, knew the power of strong alliances, and worked quickly to secure the support of influential noble families. Kublai, however, had all Möngke's military genius, and wasted no time putting it into action. Kublai benefited from the huge advantage of having ready supplies from China to feed his troops. These resources proved vital in the conflict between the brothers. Steadily, Kublai cut through all of Ariq's allies, and his younger brother's remaining supporters began to desert him. Ariq had no choice but to surrender to his brother and Kublai was finally declared great khan in 1260.

On the surface, the empire looked stronger than ever. Kublai had managed to unite all the noble families beneath him, but when he formally declared himself great khan, none of the three other khans attended the kurultai (military council). Kublai's power over China and Mongolia was impressive, but in reality the empire was crumbling beneath his feet. The civil war between brothers had wrought great fissures that even Kublai could not hope to mend, neither with armies nor alliances.

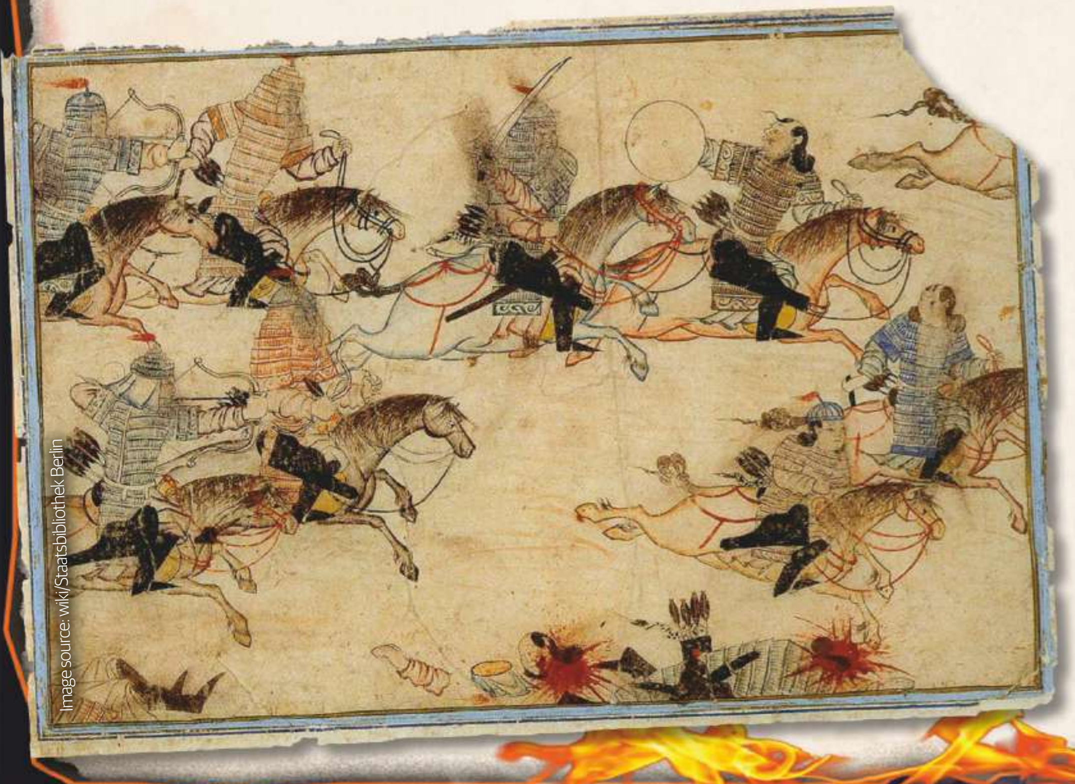
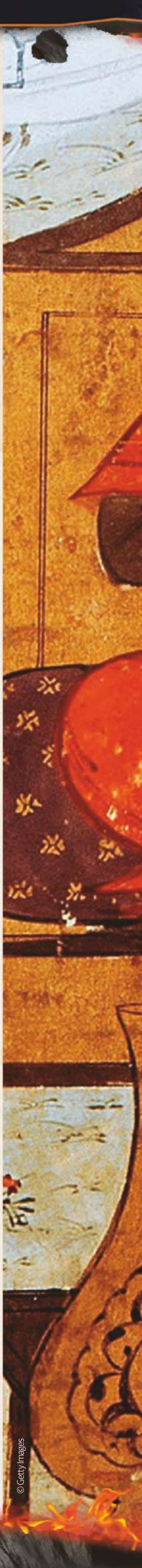


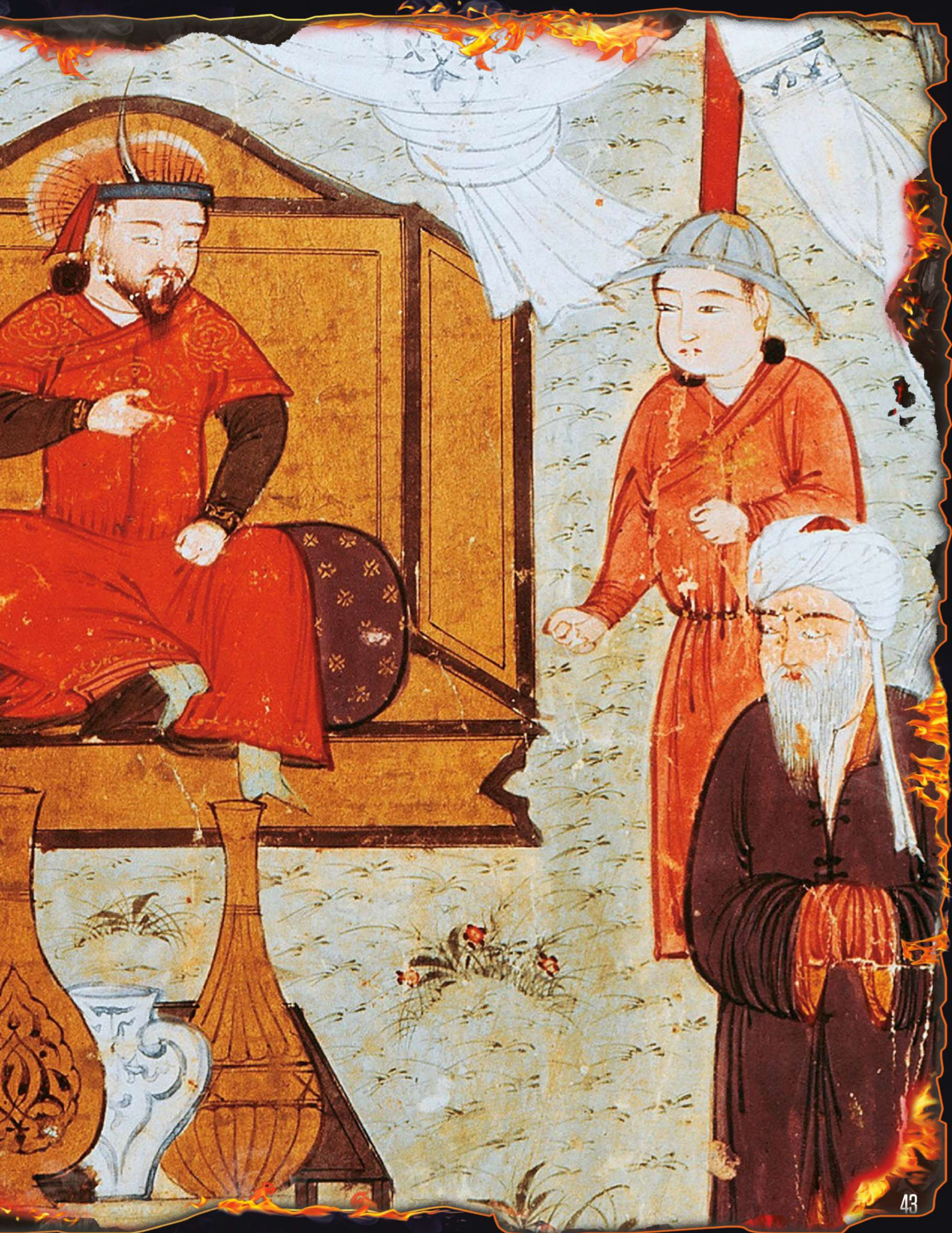
Image source: wiki/Staatsbibliothek Berlin

LEFT The civil war that followed Möngke's death was known as the Toluid Civil War



© Getty Images

RIGHT Hulagu Khan, grandson of Genghis Khan, led a huge expansion of the southwestern Mongol empire



YUAN DYNASTY

For decades the Mongol empire had ruled over regions of what's now modern China, but Kublai wanted to officially consolidate his reign in the country, and become, as all khans before him dreamed, official emperor of China. This was a huge task, because a very worthy foe stood in his way – the Song dynasty. The dynasty boasted a force of over a million men and a formidable naval fleet capable of stopping even the might of the Mongol military. Where the Mongols relied on the power of their legendary cavalry, the Song employed strategic tactics and static warfare. Because of the Song's tendency to protect themselves in well-fortified cities, Kublai had to employ a new approach – picking off his enemies one by one and gradually driving those who were left into submission.

It took 11 years for this tactic to finally bear fruit, helped in no small way by the infighting amongst the Chinese royals. The empress dowager surrendered the capital on 28 March 1276, and a great naval battle finally blasted a hole in the last bastion of Song resistance on 19 March 1279. Kublai had done the impossible, he had conquered China and united the country for the first time since the 9th century.

Kublai's Yuan dynasty utilised the government structure used by his predecessors, but replaced the Chinese officials with Mongols. Because of this, he was accused of abandoning his traditional Mongol origins. He further alienated his kinsmen when he chose to pick Dadu (modern-day Beijing) as his capital. For Kublai it made sense: he had already lost control of many Mongol regions in the west, so a strong and stable base of power in the east was vital. Kublai's succession in China was led not only by his great ambition to achieve the impossible, but also ensured that he could be isolated from many of the threats to his throne that had emerged during the civil war and the years of jostling for power that followed.

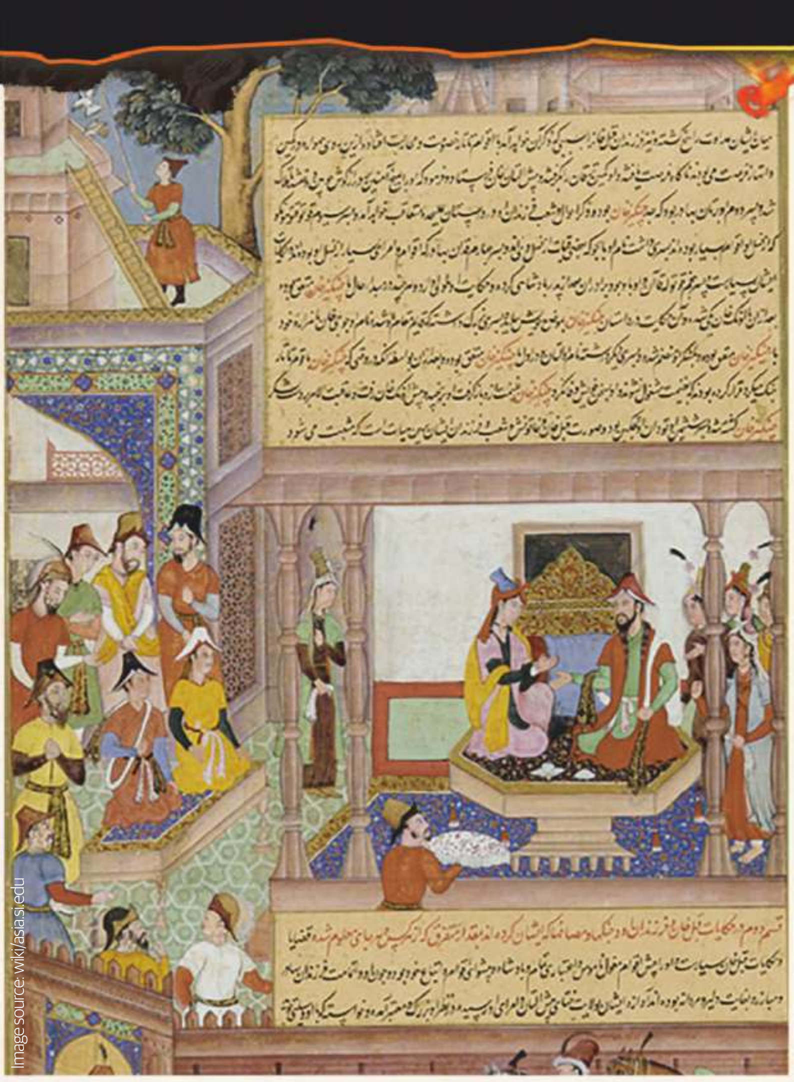


Image source: wiki/asia.si.edu

ABOVE Kublai was chosen by his allies to become great khan in 1260 at the grand kurultai

JEBE

The greatest cavalry general in history

History could have been very different if the Taichud warrior Zurgadai had taken a slightly different aim when firing an arrow at the Battle of Thirteen Sides in 1201. Genghis Khan, who was still in the process of uniting the Mongol plains under one ruler, was wounded in the neck and could easily have been killed. Instead he lived, and Genghis spared the life of Zurgadai, giving him the new name Jebe (meaning 'arrow') and allowing him to serve in his army.

Jebe repaid Genghis' benevolence by becoming one of his key generals, and was particularly skilled in the use of cavalry. He commanded the left wing of the Mongol army as it invaded Jin China before turning back to conquer the troublesome Naiman tribe on the Mongolian steppe. Jebe was then tasked with defeating the Khwarezm empire in Persia with a young Subutai as his subordinate. After harassing the land and capturing the capital Samarkand, Jebe and Subutai undertook an audacious raid around the Caspian Sea, ravaging Persia and the Christian kingdom of Georgia. Jebe died in 1223 on the return from this daring trip, having used the extra 22 years granted to him to serve loyally the man who spared his life.

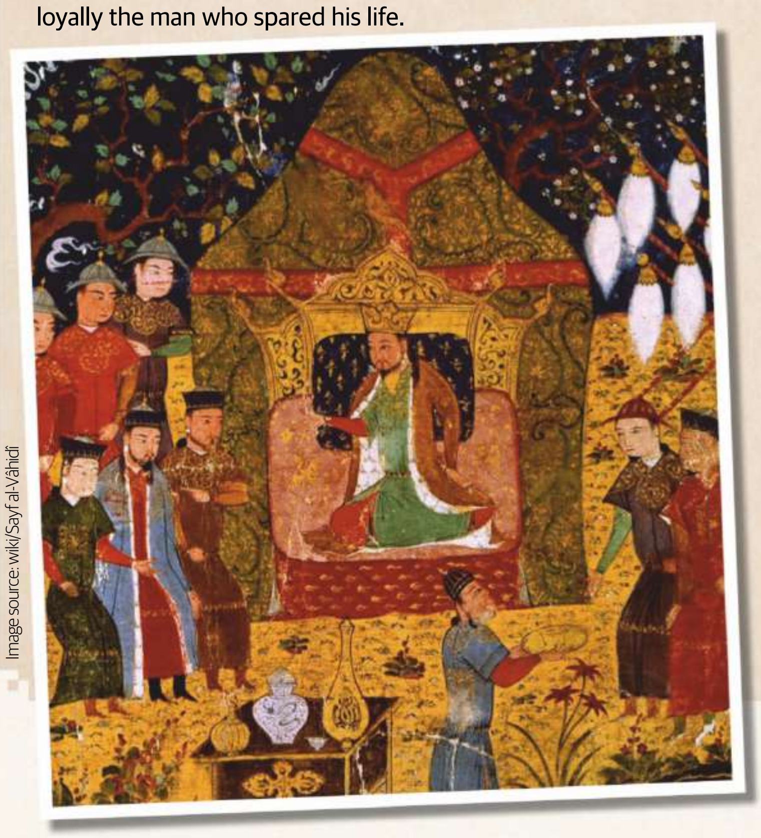


Image source: wiki/Sayf al-Vāhidī

GOLDEN HORDE

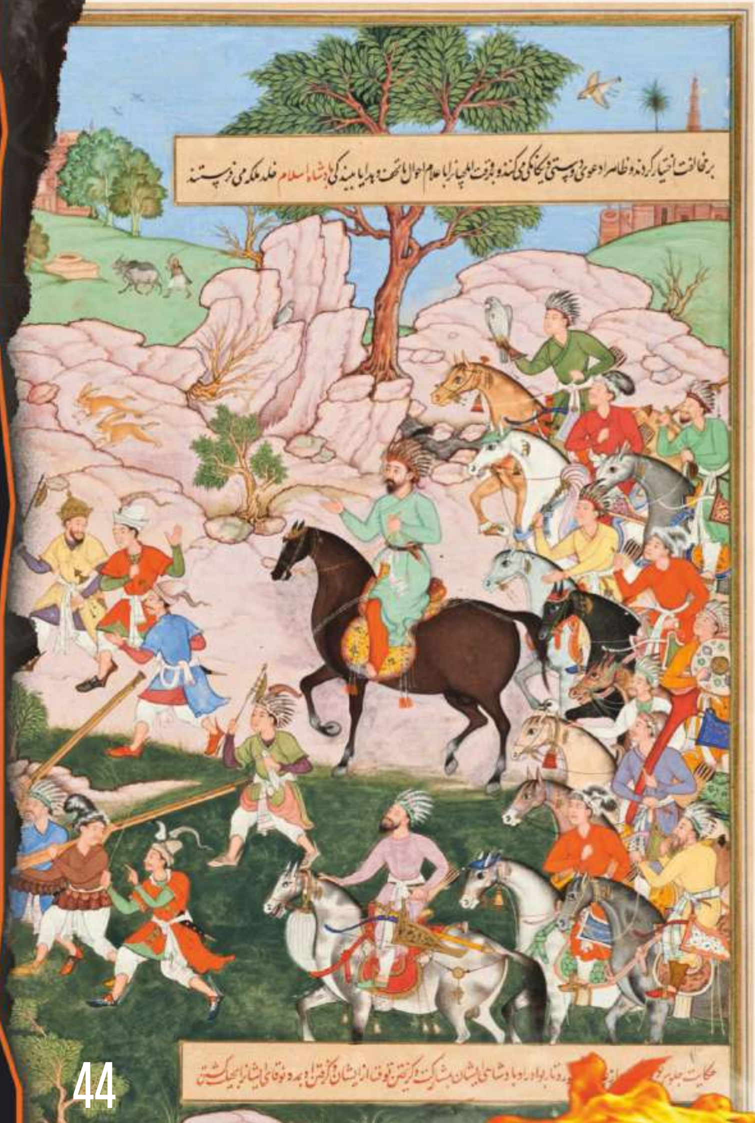


Image source: wiki/collectionsonline.lacma.org

LEFT The very last remnant of the Golden Horde, the Kazakh Khanate, survived until 1847

The Golden Horde was mainly based in the northwest and covered an area that included the Volga region, Ural Mountains, the steppes of the northern Black Sea, Western Siberia, the Aral Sea and some Russian principalities. At the time Kublai was facing his brother in the civil war, the Golden Horde was under the leadership of Berke, the great-grandson of Genghis Khan. The Horde continued its theme of conquest across Europe, striking fear in Poland, Lithuania and Prussia. However, Berke split from Mongol tradition when he converted to Islam. This caused a rift between the Golden Horde and Hülegü Khan, leader of the Il-Khanate, who had recently conquered the Muslim territories of Iran and Baghdad in brutal fashion. This feud was worsened by the two powers sharing a border and the inevitable war broke out between them. The Golden Horde managed to suppress an Il-Khanate invasion, but because of this distraction was unable to support Ariq in the civil war. When Kublai eventually did win, Berke refused to attend the kurultai.

With such obvious opposition to Kublai, and such a powerful enemy in the Il-Khanate, it is no wonder that the Golden Horde had no desire to unite under a new great khan. The wars with the Il-Khanate continued beyond Berke's reign into his son Temür's. Kublai was opposed to an invasion of Il-Khanate territories by the Golden Horde, and only managed to prevent Temür doing so with force. However, under Temür's rule the Golden Horde became virtually independent from Kublai and his capital Dadu. When war broke out between Kublai and the Ogedeid leader Kaidu, Temür lent his support to the latter.

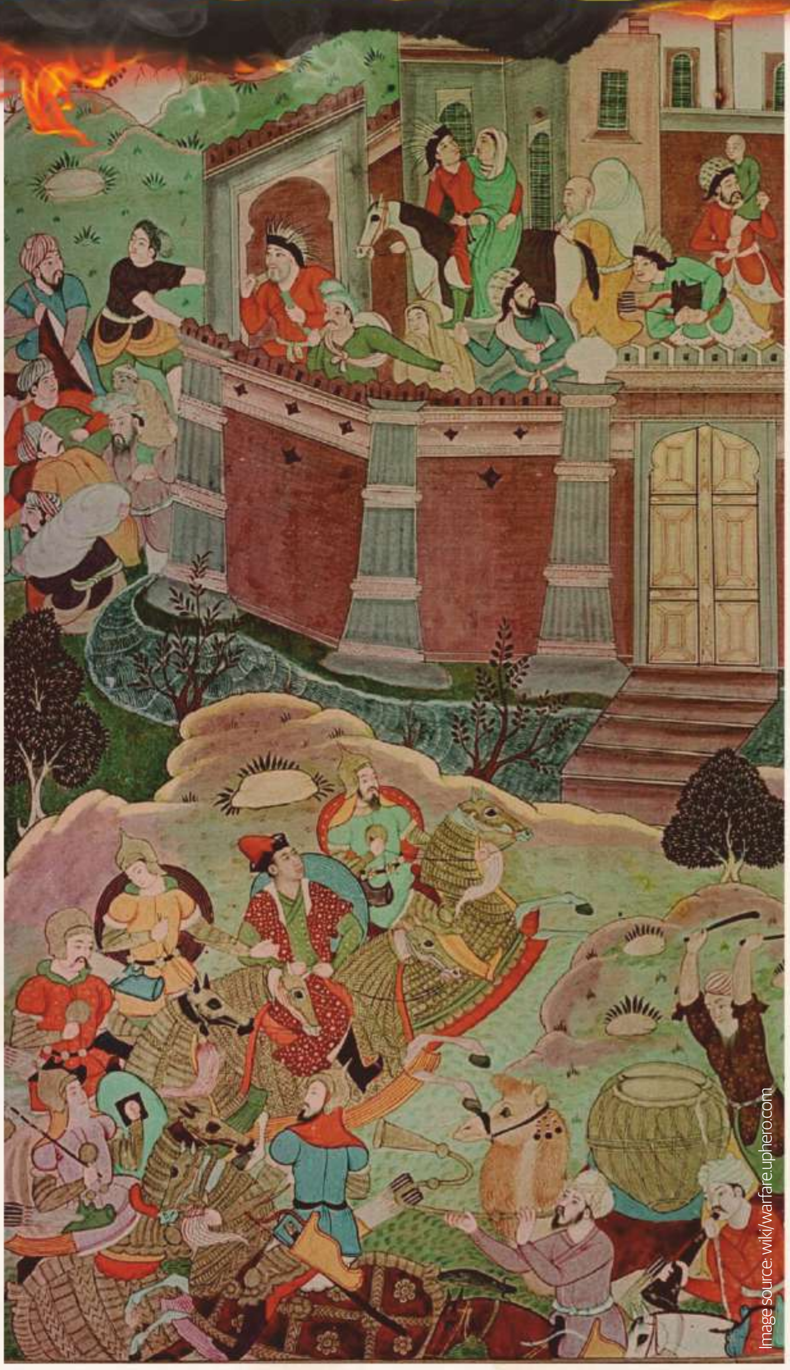


Image source: wiki/warfare.uphero.com

ABOVE Ariq Boke and Alghu's conflict lasted over two bloody years

RIGHT Möngke was the fourth khagan of the Mongol Empire

CHAGATAI KHANATE

The Chagatai khanate comprised the lands previously ruled by Chagatai Khan, second son of Genghis Khan. The Chagatai khanate covered Central Asia, Afghanistan, Zhetysu, and Kashgaria. Previously, the region had bowed to the power of the great khan, but this changed when Kublai took the throne.

At the time of the civil war, the Chagatai, ruled by regent queen Orghina, wished to remain neutral, but Ariq Boke, Kublai's brother and rival, instead saw this as an opportunity. He installed Alghu, grandson of Chagatai on the throne, hoping that the new grateful khan would provide him with the weapons and resources he desperately needed. Unfortunately for Ariq, Alghu had plans of his own and formally declared that the khanate was independent. To add insult to injury, he then went on to attack Ariq's allies, the Golden Horde, publicly declaring his support for Kublai. On the surface, the Chagatai had thrown in their lot with Kublai, but their independence was not something they had any intention to relinquish to him, great khan or not.

As a region, the Chagatai remained closest to the Mongol's nomadic routes, and was deeply rooted in tradition. However, perhaps because of this, it suffered from slow economic growth and was constantly at war with its neighbours. From 1272 to 1301 it was overthrown, and ultimately the state ended up dividing further into Transoxania in the west and Moghulistan in the east.

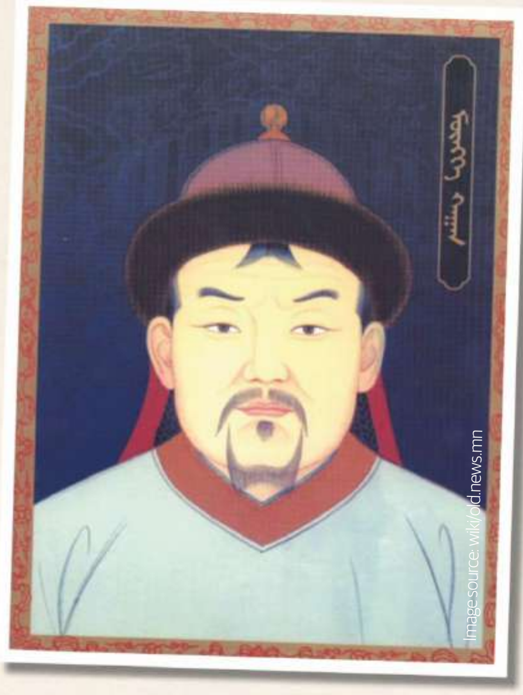


Image source: wiki/old.news.mn

IL-KHANATE

When Möngke Khan passed away, Hulagu Khan, his brother, inherited this middle eastern section of his empire, covering parts of what is now Iran, Azerbaijan and Turkey. Hulagu was a conqueror in every sense of the word, unleashing a brutal campaign across the Abbasid caliphate, and only returning when his brother passed away. However, Hulagu was also excellent at making enemies. Berke, leader of the Golden Horde and known follower of Islam, declared war on Hulagu, likely due to his destruction of the Abbasid caliphate. When Hulagu died a premature death, control of the region passed to his son – Abaqa.

Abaqa experienced more success than his father in resisting his battling neighbours, beating back Baraq of the Chagatai and sacking the region's capital. The battles would continue, with the Il-Khanate borders constantly shifting. However, these early victories established the Il-Khanate as a force to be reckoned with. The original concern of the Il-Khanate had been power and conquest, particularly in the Middle East with a focus on the Islamic states, but with the division of the Mongol empire that expansion came to a screeching halt and the Il-Khanate became preoccupied by Mongol conflicts. As the original goal for the Il-Khanate faded from focus, the leaders ironically began converting to Islam. The Il-Khanate never recovered from the constant infighting and lack of unity which plagued its existence since the division, and by 1357 the territories fell to the mighty Golden Horde.

> "Hulagu was a conqueror in every sense of the word"

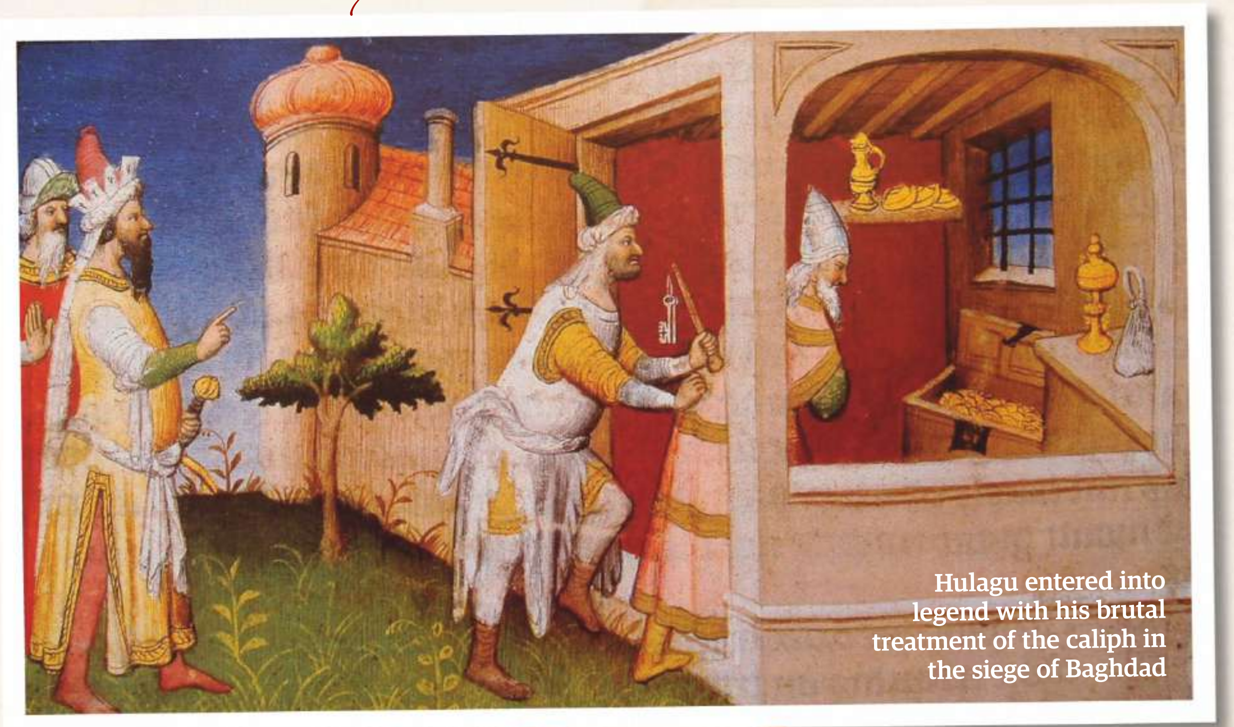
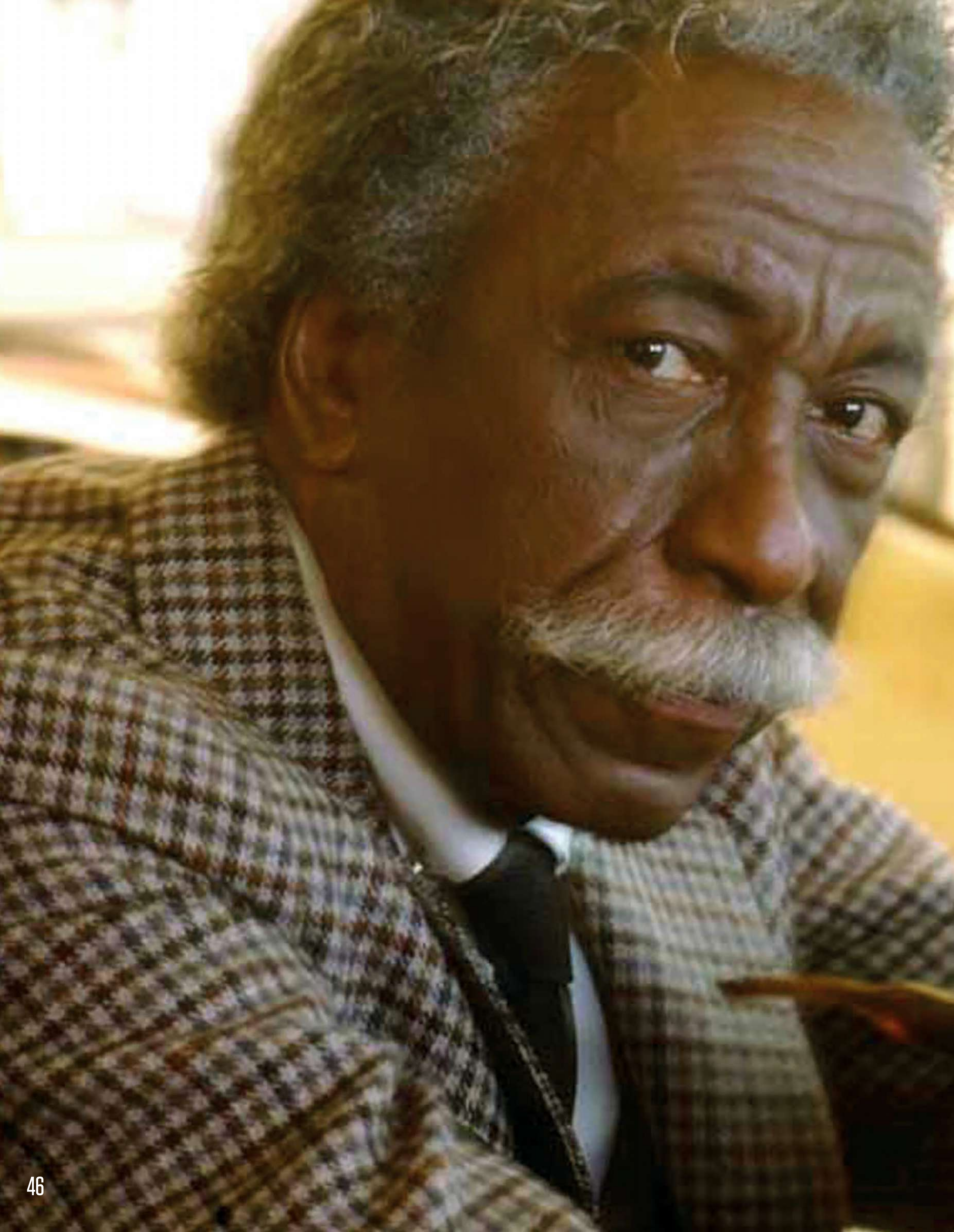

Hulagu entered into legend with his brutal treatment of the caliph in the siege of Baghdad

Image source: wiki/Marie-Therese Gousset

BELOW Hulagu led a campaign to destroy the Muslim states under instruction from Möngke

Image source: wiki/Qadri Qalaji



GORDON PARKS

CIVIL RIGHTS TO SHAFT

How one man defied stereotypes, pushed the boundaries of photography and created the first African-American action hero

Written by Callum McKelvie

We all know the film, we all know the theme. When someone says *Shaft* we think of gritty New York streets, of Richard Roundtree and Isaac Hayes, but what do you know of it's director? About Gordon Parks?

Born in Kansas in 1912, Parks' birth would be the first challenge he had to overcome, as poet Carole Boston Weatherford explains: "His entire life is a study in overcoming the odds and defying stereotypes, beginning with the moment of his birth - he was stillborn. He was not even supposed to live, let alone create this legacy in photography, filmmaking, music, writing and poetry. He was not even supposed to live and yet he became a Renaissance man."

But he would live an awe inspiring life, using his artistic skills to challenge racial prejudice and defy stereotypes. More than anything, he is an example of an individual who constantly overcame the obstacles in his path.

Constantly facing racism and prejudice, he attended a segregated school where people of colour were forbidden to play sports or attend social activities. In his book: *A Choice Of Weapons*, Parks says: "I had to sit in the Peanut Gallery (the Negro section) at the movies. We weren't allowed to drink a soda at the drugstore in town. I was stoned and beaten." The horrific abuse that Parks faced came not only in the form of physical beatings, but also constant psychological attacks. As Boston Weatherford reveals: "His teacher told him when he was a boy that he need not dream big because all the black students were going to end up in either manual labour or domestic work." Despite the constant humiliation and disgusting abuse, Parks himself would proudly state years later: "I always fought back."

His mother died when Parks was 14 and he was left an orphan, an experience ▶

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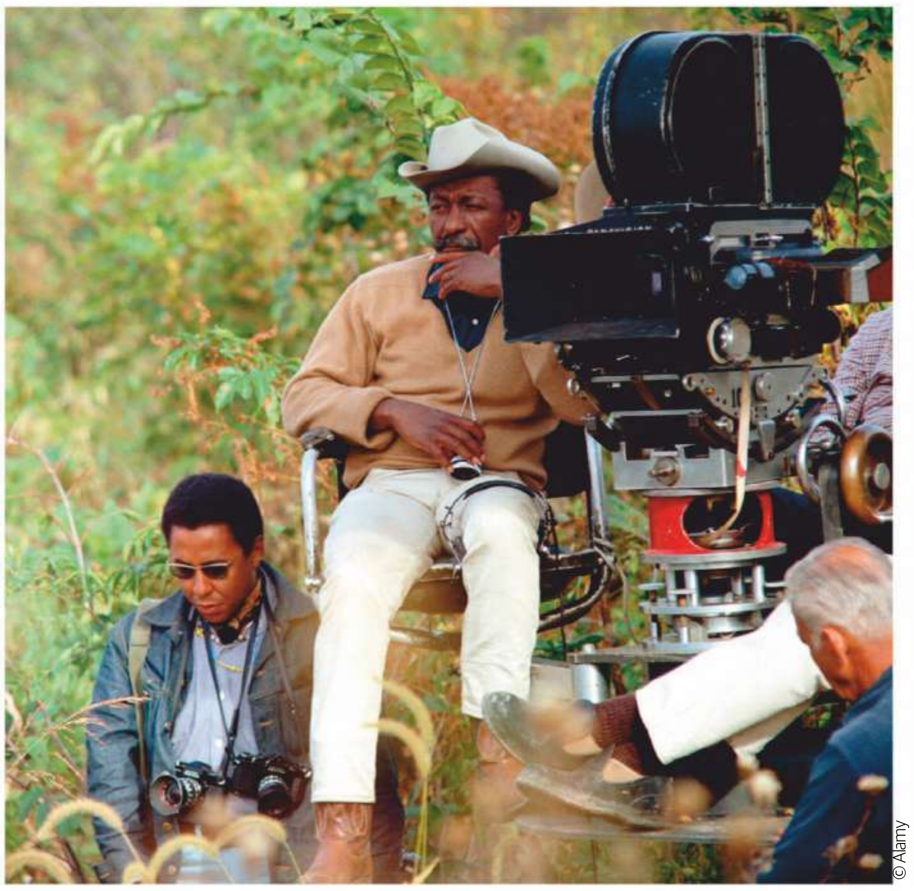
that understandably affected the teenager deeply. One story describes how he spent his final night in Fort Scott sleeping by her coffin hoping to find closure and face his fear of death. But what now for the young Parks? Peter W Kunhardt Jr, executive director of The Gordon Parks Foundation, describes how Parks "went to go live with his sister in St Paul, Minnesota, and she ended up kicking him out of the house because he had a fight with her husband." Now aged 15, Parks would spend the next ten years working a number of menial jobs and struggling to survive. While he would have brief periods working as a musician, these were interspersed with periods as a busboy, travelling waiter and working the bar at a gentlemen's club. Parks himself would remark years later: "'Of course, I didn't start photography until about 1939 and up until that time I had worked as a waiter on the railway, bartender and road gangs, played semi-professional basketball, semi-professional football, worked in a brick plant – you name it, you know, just about everything."

> **"WE NEED MOVIES ABOUT THE HISTORY OF OUR PEOPLE, YES, BUT WE NEED HEROIC FANTASIES ABOUT OUR PEOPLE, TOO. WE ALL NEED A LITTLE JAMES BOND"**

It was around this time that the young Parks' life would change forever and he would find an art form and passion that would not only bring him fame, but allow him to express the inequality he witnessed throughout America. "One day Parks picked up a magazine and at that moment realised that he wanted to be a photographer," says Kunhardt. "He knew that in order for him to really make a difference in the world he had to have some sort of a creative voice. It was the camera that he found." The camera he found was not state-of-the-art equipment, even at the time. Discovered in a pawn shop, the owner initially wanted $12 for it but after some bartering Parks was able to knock him down to $7.50 – all he had on him. Taking the camera around Seattle, he took innovative and creative shots that showed an imaginative eye. Parks' work evidently impressed and it was at this point that he was finally able to escape the constant stream of menial jobs and poverty he had found himself in. After stints working as a fashion photographer and then in a small portrait business, he received the Julius Rosenwald Fellowship and a position in the photography section of the Farm Security Administration (FSA).

American Gothic, taken in 1942, is perhaps one of the most recognizable of Parks' works and is named after the 1930 Grant Wood painting with which it shares a striking resemblance. The picture depicts Ella Watson, a young black cleaning lady on the staff of the FSA. Standing in front of the American flag and holding her broom and mop, the result was a powerful and evocative image. Parks' boss, Roy Stryker, named the picture an 'indictment of America' and stated that it could single-handedly get every single one of his photographers fired. This was not a warning, however, but a statement of praise. It had been Stryker who had encouraged Parks to draw on his anger at the racism he had found in New York City when creating his photographs. So pleased was Stryker with Parks' work that he encouraged him to continue working with Watson, leading to a further series of images documenting her daily life.

However, despite this some have argued that the images Parks created while working for the FSA show a photographer still learning his craft. Kunhardt explains: "He was younger when he was working for the government, he was less experienced, his portraits that he took were much more formal. And you know, that's where he made *American Gothic*, the picture of Ella Watson holding the broom and the mop. And there was a sense of trying to understand his skillset as an artist and how to compose a picture. But he's also understanding how to make his voice resonate within those pictures, which he achieved when he went to *Life*."



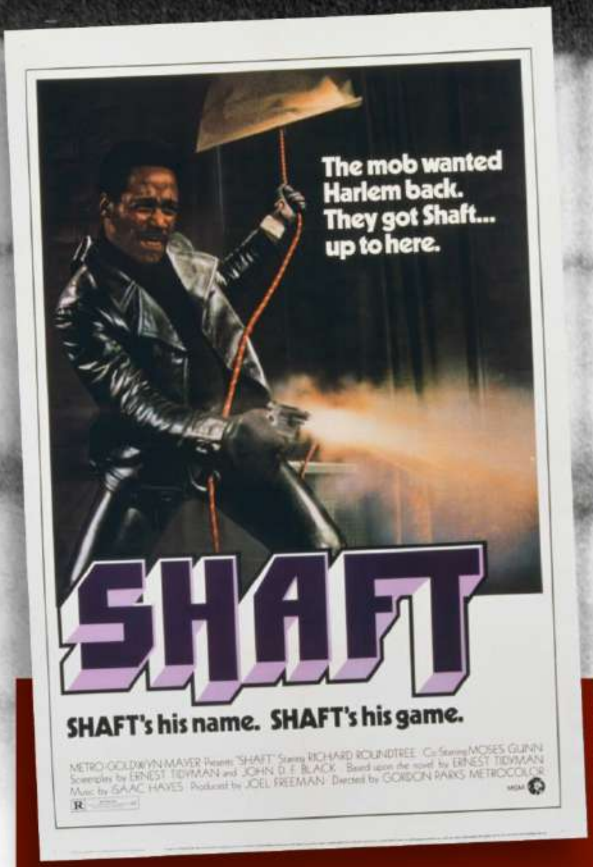
© Alamy

ABOVE Gordon Parks in Paris in 1985

BELOW Gordon Parks directing a scene from his acclaimed 1969 film *The Learning Tree*

"I first saw Gordon Parks work as a child, reading *Life* magazine," adds Boston Weatherford. "He was the first African-American photographer hired by *Life* and by *Vogue*, so I saw his photography, his photojournalism, before I even knew who he was." Parks' period at both *Vogue* and *Life* are perhaps his most lasting photographic works and it was during this period that he would begin creating photographic essays, providing the supplementary material as well as the photographs. One particularly powerful piece was a 1948 essay detailing the life of a young Harlem gang leader whom Parks bravely followed around. "As an African-American," Kunhardt says, "he had access to places that other photographers didn't have access to. And he gained the trust of so many of his subjects and colleagues at *Life* and that really helped him be elevated to the next level. But at the same time, his pictures were much more than photojournalism. He was able to tell a story using the subjects but also had a way of artistically documenting their lives. That couldn't be done just through a picture assignment."

One interesting moment occurred in 1950 when Parks chose to return to Fort Scott to complete an assignment for *Life*. During this period segregation was still in full force in Fort Scott and Parks documented the lives of the African-American population, highlighting the daily struggles they faced. Several of


The mob wanted Harlem back. They got Shaft... up to here.
SHAFT
SHAFT's his name. SHAFT's his game.
METRO-GOLDWYN-MAYER Presents "SHAFT" Starring RICHARD ROUNDTREE Co-Starring MOSES GUNN
Screenplay by ERNEST TIDYMAN and JOHN D. F. BLACK Based upon the novel by ERNEST TIDYMAN
Music by ISAAC HAYES Produced by JOEL FREEMAN Directed by GORDON PARKS METROCOLOR
MGM
R

ISAAC HAYES AND THE MUSIC OF SHAFT

Parks' film features a classic tune

The *Theme From Shaft* is one of the most recognisable pieces of soul and funk music ever recorded. Performed and composed by Isaac Hayes, he had been persuaded to do it after being promised an audition for the movie's eponymous lead character. Despite no such opportunity materialising (or perhaps even existing in the first place), Hayes kept his part of the bargain and recorded the song. Although most of the credit for its enduring popularity should rightly be given to Hayes, Parks had an integral role in the composition. It would be Parks who would describe the character of Shaft to Hayes, leading to some of the song's most famous passages. While being interviewed for a documentary on Parks, Hayes said: "He instructed us how he wanted the feel of the music to go, you know, the driving rhythm and the relentless pursuit that Shaft embodied, and that's what we had to do musically. He communicated it very well to us."

Image source: wiki/National Archives at College Park

Richard Roundtree as John Shaft, getting chased by a helicopter in Gordon Parks' sequel *Shaft's Big Score!* (1972)

this group were his former classmates, which must have made the experience all the more difficult. Despite being completed with Parks' own commentary accompanying the images, *Life* never published the material. It would take until 2015 when Boston's Museum Of Fine Arts exhibited them for the photographs to be seen by a large audience.

This example appears to have been the exception rather than the rule and *Life* would publish a large number of powerful and evocative pieces contributed by Parks during their long working relationship. Many of these, like 1956's *The Restraints: Open And Hidden,* which documented the lives of African-Americans under segregation in the rural South, had a humanitarian purpose. "I would say that his photograph *American Gothic* had a humanitarian mission, as did his photo essay about a boy in one of the poverty-stricken areas of Brazil. That was the *Life* magazine photo essay. So Gordon Parks was not only an artist, but also humanitarian," says Boston Weatherford. The latter refers to his 1961 article *Freedom's Fearful Foe: Poverty*, which told the story of Flavio da Silvia, a young boy living in a favela in Rio de Janeiro.

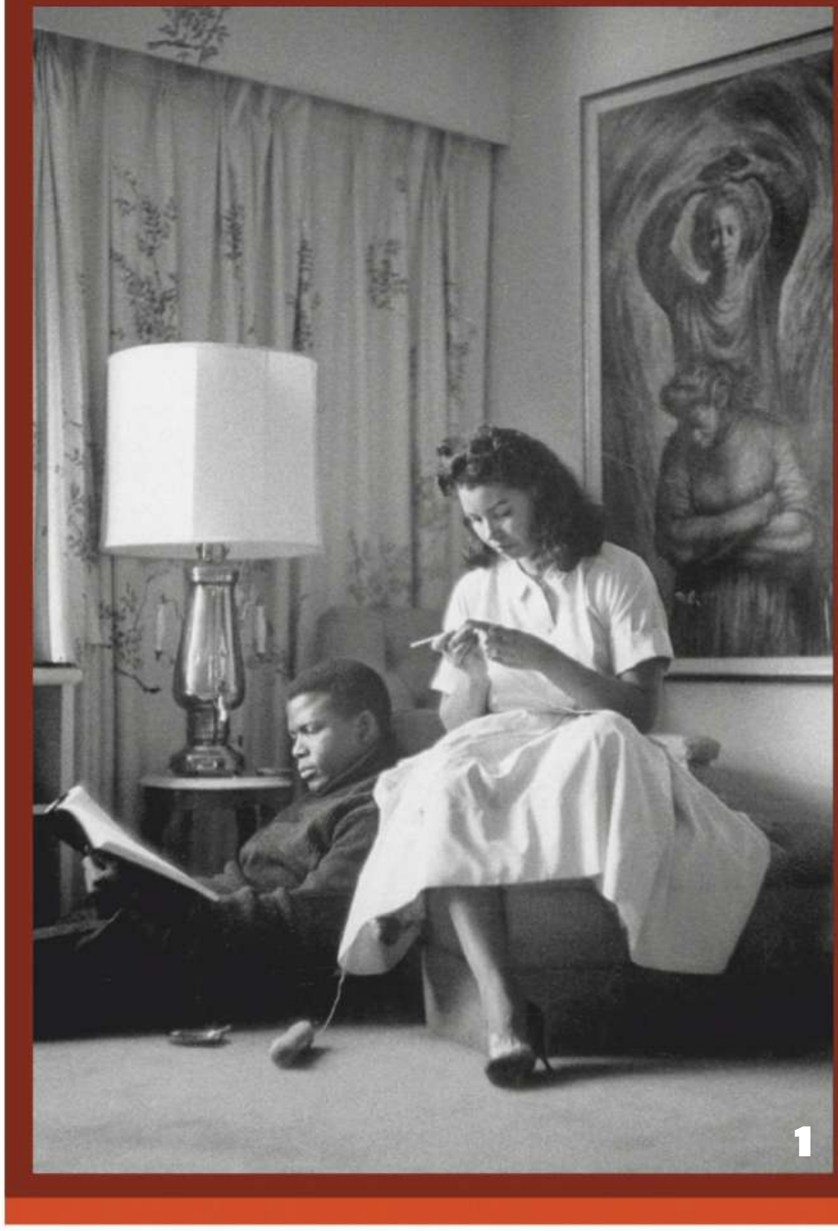
"Parks rescued him and brought him to America," says Kunhardt. "He had treatment for asthma and Parks gave him a home in Denver with a host family and really took this child under his wing. And Flavio, who's now in his 60s, still says that Gordon changed his life. Indeed, last year we had a big exhibition at the Getty Museum in Los Angeles around the Flavio story and he actually came to that opening all these years later."

Parks also found success as a writer and poet. His first two books were on the art of photography, and while fascinating, do not show the literary talent that would later reveal itself when in 1963 Parks released *The Learning Tree*, a semi-autobiographical novel about a young African-American teenager who witnesses a robbery.

It was *The Learning Tree* that in the late 1960s would give Parks an opportunity to expand his skills even further, becoming the first African-American to write and direct a major Hollywood production when he made his book into a film. Shot in Parks' childhood town of Fort Scott, it was a major critical success, and both the movie and novel are still beloved to this day. "I read the book, saw the movie, and that book was very, very powerful," says Boston Weatherford. "It was one of the few books that I read when I was an adolescent that had an African-American as a main character.

THE MANY WORKS OF GORDON PARKS

Five of Parks' timeless photographs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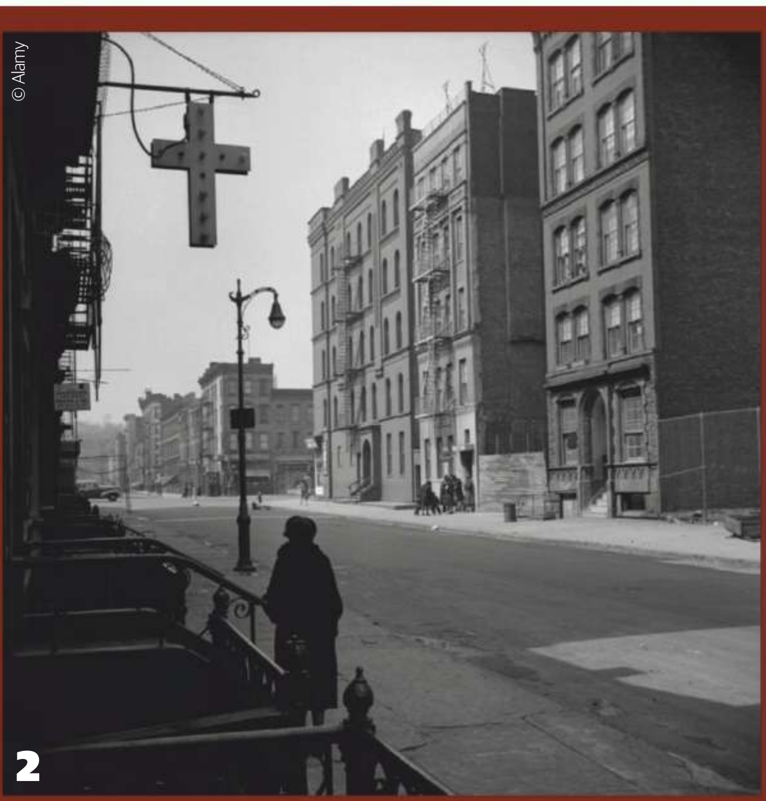
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Always seeking to challenge himself, Parks chose his next film carefully and picked a subject that he hoped would demonstrate his versatility as a filmmaker. As a result he would create a craze that would sweep the United States as well as create an entirely new sub-genre in film.

Shaft, released in 1971, starred Richard Roundtree as the eponymous hero and was based on the novel by Ernest Tidyman. Following the adventures of African-American private detective John Shaft, a smooth, tough-talking action hero, it became noteworthy for its gritty style and soundtrack by Isaac Hayes. Perhaps most important, however, was the film's ability to act as an entertaining piece of genre fiction while also featuring one of the first black action heroes. Director Parks purposefully litters the film with social commentary while still telling a relatively straightforward crime narrative. For example, during a scene where Shaft scours Harlem looking for an informant, a song is featured entitled *Soulsville* that outlines the inequality prevalent in the neighbourhood through lyrics such as: "Any kind of job is hard to find, that means an increase in the welfare line. The crime rate is rising too, but if you are hungry, what would you do?"

"HIS LIFE STORY SHOWS THAT YOU SHOULD NOT SET LIMITS ON YOURSELF OR LET OTHERS SET LIMITS FOR YOU"

In an interview with film critic Roger Ebert during the release of the sequel *Shaft's Big Score!* in 1972, Parks said: "People come up and ask me if we really need this image of Shaft the black 'Superman'. Hell, yes, there's a place for John Shaft. I was overwhelmed by our world premiere on Broadway. Suddenly, I was the perpetrator of a hero. Ghetto kids were coming downtown to see their hero, Shaft, and here was a black man on the

1 Actor Sidney Poitier, known for *To Sir With Love* and *In The Heat Of The Night* (both 1967), relaxing at home. Parks regularly photographed African-American celebrities and well-known civil rights activists.

2 A Harlem street scene from 1943. Parks took many pictures of Harlem in New York City throughout his career.

3 Parks' eye for composition is demonstrated in this image entitled *Parish Priest Walking In A Field Of Wheat With Parishoner* for *Life* magazine from 1955.

4 Parks was also well-known as a fashion photographer, as demonstrated by this piece entitled *Lady Modelling Fur*.

5 Parks with *American Gothic*, his groundbreaking 1942 photograph of Ella Watson.

4

5

4x © Getty Images

screen they didn't have to be ashamed of. Here they had a chance to spend their $3 on something they wanted to see. We need movies about the history of our people, yes, but we need heroic fantasies about our people, too. We all need a little James Bond now and then."

Shaft not only spawned a successful series of five films and a television series (the most recent film was released in 2019) but helped to launch a whole sub-genre of films featuring African-American leads: blaxploitation. Gordon Parks' eldest son, Gordon Parks Jr, helmed perhaps one of the most popular of these films, *Super Fly* (1972), despite sparking controversy for featuring as its lead character a cocaine dealer and pimp. He followed this with three more movies before being tragically killed in a plane crash at the age of 44.

Parks himself would return to direct *Shaft's Big Score!* before distancing himself from the franchise in the years that followed. In 2000, director Jon Singleton would helm a new entry, simply titled *Shaft*. More a 'reboot' than a remake, it starred Samuel L Jackson as the nephew of the original John Shaft, once again played by Richard Roundtree, who shows up in a cameo role. During one sequence set in a bar, Parks also got a small cameo - continuing a tradition he had started with a small role in the 1971 original.

At the same time as his work on *Shaft*, Parks was also serving as the editorial director on *Essence*, a new lifestyle magazine targeted towards African-American women. Immensely successful, the magazine is still in circulation and remains popular. In 1981 Parks added yet another string to his bow when he exhibited a number of his oil paintings at the Alex Rosenberg Gallery in New York. Continuing working right up to his death, he passed away at 93 in 2006 and was buried in Fort Scott.

One organisation that seeks to continue Parks' legacy is The Gordon Parks Foundation, based in New York. It's currently headed by Kunhardt, who has a strong personal connection with Parks. "My grandfather was managing editor of *Life* magazine and he worked with Parks for probably 30 or 40 years," he says. "They became very good friends and that's how I got to know Gordon Parks. Gordon was a very big part of my life and childhood." The foundation was set up shortly after Parks' death, with the initial intention of simply housing and looking after his work, but has since developed an educational mission. "This includes grants to students studying art history, photography and race," says Kunhardt. "We also award grants to artists annually to create a new body of work around the themes of social justice and the arts. We're a small institution that carries on a big legacy."

Boston Weatherford, who has found immense success as a poet and author and has written a book about Parks, describes what she and countless others find so inspiring about him: "He accomplished more in his lifetime than several of us will complete in our combined lifetime," she explains. "He was just extremely prolific and gifted. He proved that you should not set limits or let limits be placed upon you and that you can defy stereotypes. He's shown that because he certainly did that throughout his life." ○

Image source: Courtesy of The Metropolitan Museum of Art

THE METROPOLITAN MUSEUM OF ART

Location: *New York*
Address: *bit.ly/MetMuseum360*

◀ A little different from the other offerings here, The Met has a series of six videos that use 360° camera tech that allows you to control the view even as the video plays. You can essentially tour The Met, peering in whatever direction you please as the camera floats through the building. You can visit the Great Hall, the Temple of Dendur that's housed in the museum, the museum offshoot of the Cloisters in Fort Tryon Park and much more. It's a wonderful way to experience this famous institution that still offers you amazing access to some of its most treasured historical stories.

AMAZING VIRTUAL MUSEUMS

Being stuck at home doesn't stop you travelling the world and through time thanks to these fantastic interactive exhibits and virtual tours

Watching the response of organisations and people around the world to current events has been some of the most inspiring experiences of recent weeks. In the history world, that's been well represented by experts giving livestream lectures on all kinds of topics, and museums and galleries promoting their collections online so you can enjoy their exhibitions from the comfort of your home. Many of these services have been up and running for a long time and offer various fun features, from 3D camera views you can see in your mobile to fully narrated tours of artefacts. Here are just a few of the resources we've been enjoying recently, and you can expect more next issue.

MUSEO ARQUEOLOGICO NACIONAL

Location: *Madrid*
Address: *bit.ly/MuseumSpain*

▼ Offering a virtual walkthrough of the museum site, Spain's National Archaeological Museum has a fully controllable tour that includes three-dimensional control of the camera and interactive arrows that guide you through the rooms and down the hallways. Similarly, orange dots on the screen can be clicked to reveal important historical information about the exhibits you're viewing. With artefacts from the Paleolithic era all the way up through ancient Greece and Rome to the early modern era, this is a wonderful museum to visit for a broad view of human history.

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NATIONAL PORTRAIT GALLERY

Location: *London*
Address: *bit.ly/NationalPortrait*

▲ The National Portrait Gallery has one of the most celebrated collections of paintings in the world and a massive amount of that work can actually be viewed on its website. With rooms dedicated to the Tudors, 17th century, 18th century and Victorian galleries (to name just a few) you can tour the gallery using a 3D camera view, clicking and dragging your cursor to look at the works of art on the walls and using the zoom function to take a closer look. It's as close to being there as you can get.

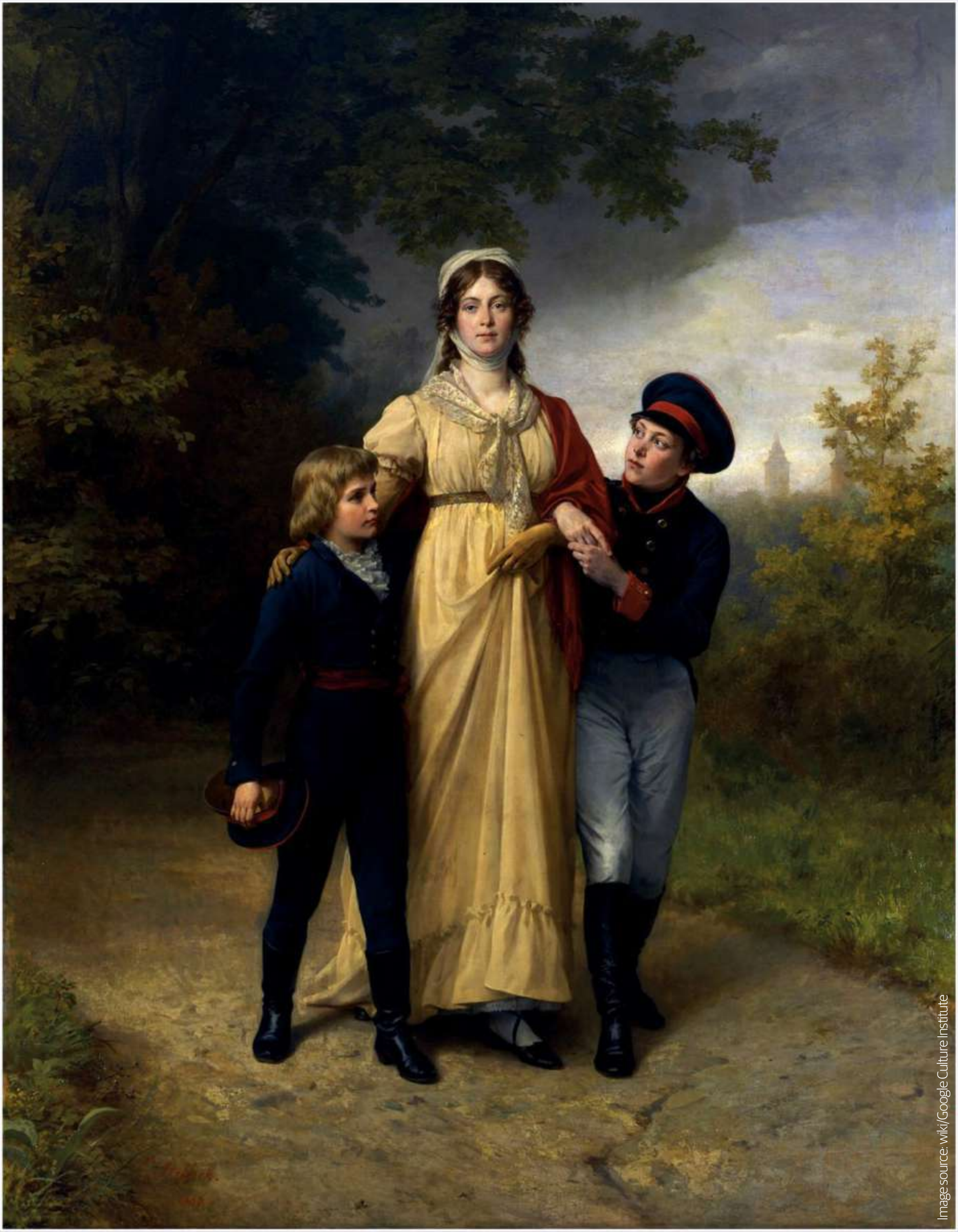

Image source: wiki/Google Culture Institute

MUSEUM ISLAND

***Location:* Berlin**
***Address:* bit.ly/MuseumIslandBerlin**

◀ Named thanks to the fact that it's the home of several different museums in a section of Berlin surrounded by rivers, Museum Island has been condensed down into a Google Arts & Culture experience. As well as being able to look at some amazing artefacts and collections, the Google curation of pieces means that you get excellent interactive exhibits that zoom in and explain details as you scroll through. This makes the Museum Island experience an excellent one whether you're visiting on your home computer or on a mobile device.

EQUALS
FREEDOM
WE DEMAND EQUAL RIGHTS NOW!
WE MARCH FOR INTEGRATED SCHOOLS NOW!
WE DEMAND DECENT HOUSING NOW!

NATIONAL WOMEN'S HISTORY MUSEUM

***Location:* Alexandria, Virginia**
***Address:* bit.ly/NationalWomensHistory**

◀ The National Women's History Museum gives you curated and multifaceted insights into the lives of some of history's most accomplished and heroic women. One great example is the Harriet Tubman exhibit, which includes photos and videos exploring her life and street view interactive slides that allow you to look at and explore the locations being discussed, such as her birthplace or the village store where an overseer struck her as a child. It grounds the experience in a fascinating new way.

PYRAMIDS OF GIZA

***Location:* Greater Cairo**
***Address:* bit.ly/PyramidsGoogle**

▶ If you thought Google Street View was limited to confirming the address of your friend's new home, think again. You can also visit the Pyramids! Working just like Street View, you can walk (or we should really say click) your way down the road, watching as the Pyramids gradually peek above the horizon, growing larger and larger. You can walk around and, of course, rotate the camera as you please, zooming in and exploring the area. There's lots of additional information about the history of the Pyramids and the Great Sphinx too.

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ers in 1876, this violin was
the absolute masterpiece
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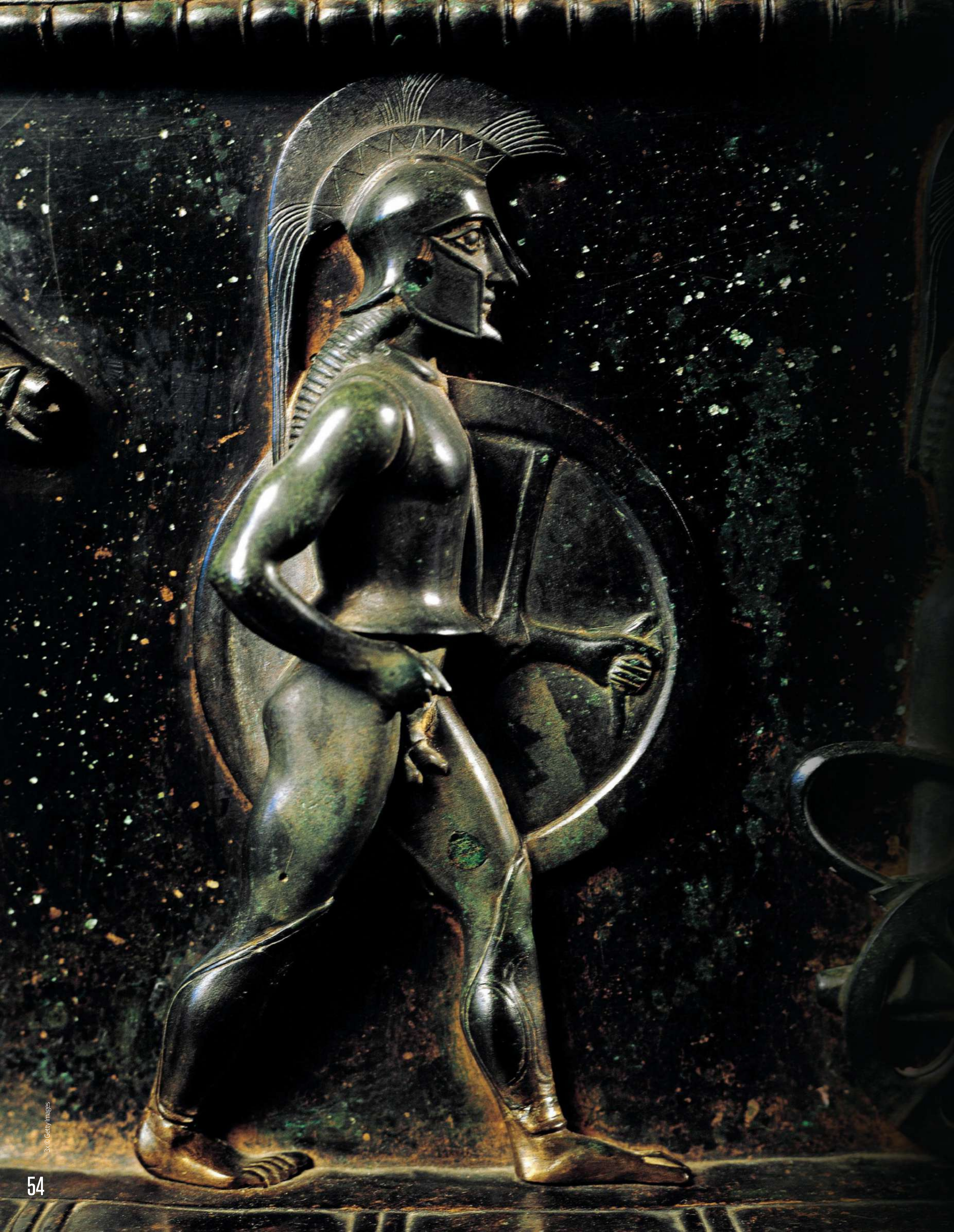
certainly make it an

RIJKSMUSEUM

***Location:* Amsterdam**
***Address:* bit.ly/RijksmuseumTour**

▲ While there is a wealth of material available on its site, the truly immersive and curated Rijksmuseum experience actually comes from using its app. Head to the site to find the details, download the app and you'll find the guided tours within. These can be used within the museum itself, but are equally good from home as they include videos along with their curated audio descriptions. So, for a museum experience from home, this app is one of the most engaging around. Tours include subjects like music, Rembrandt and colonialism, so the range of topics is pretty broad.

Image source: Rijksmuseum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WHO WERE THE SACRED BAND?

Written by Jonathan Gordon

Professor Paul Cartledge discusses the history of one of Ancient Greece's most extraordinary elite fighting units made entirely of male lovers

The history of Ancient Greece is full of incredible stories, whether historically true or turned into the myths of the age. One such tale that is only infrequently discussed, but is getting more and more attention, is a group called the Sacred Band. Like Sparta's royal guard who became known as the 300, the Sacred Band was an elite fighting force created by the city of Thebes made of 300 men around 379 BCE. What was unique about this group, not only in Greece but in all of history, is that the 300 soldiers were all selected as pairs of gay lovers.

The theory behind this arrangement, as best we can tell from the records available, is that these 150 couples would fight harder and more passionately when the man they loved stood at their side. The records of their formation, management, training and inspiration are sketchy, but their involvement in some of the most pivotal battles of Ancient Greece is well documented, ending with the Battle of Chaeronea in 338 BCE. To learn more about the Sacred Band we spoke with Professor Paul Cartledge, who has a new book on the history of Thebes coming out later this year.

EXPERT BIO

PROFESSOR PAUL CARTLEDGE

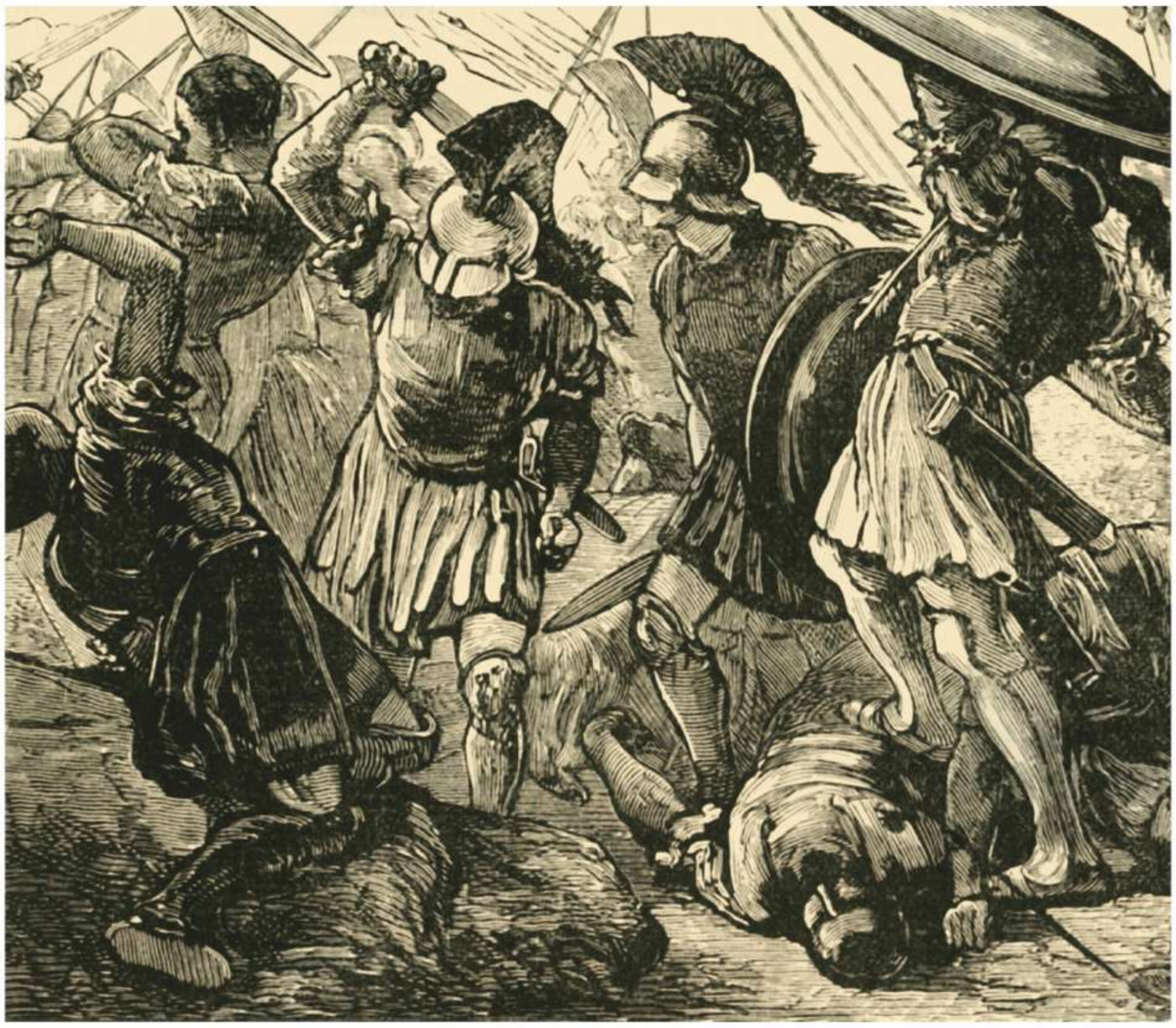
Professor Paul Cartledge is AG Leventis Professor of Greek Culture at Cambridge University and a Fellow of Clare College. He has written several books covering a wide range of Ancient Greek subjects, including Alexander the Great, Thebes, Sparta and the origins of democracy.

What was the Sacred Band and how was it formed?

Its title, the 'Sacred' bit, is not attested until 324 BCE by an Athenian orator, a man named Dinarchus. We had known that there was a Band formed or reformed (scholars differ on whether there had been an elite 300 before or not), a new elite 300 certainly from 378 BCE, and Plutarch tells us that the founder of it was not Pelopidas, who is going to be the most famous commander of it, but a man named Gorgidas. But he is almost unknown to us.

All sources agree that what is unique about it, unprecedented - and no other state follows Thebes' lead - is that it was composed of 150 pairs of an older and a younger lover. So why is this odd? It's odd because in the formally recognised institution that the Greeks called pederasty or paiderastia, the 'paid-' bit means boy or youth, as in not yet adult. In a typical pederastic relationship the older partner was an adult over 20-years-old - he might even be married. The younger partner was no older than 18 or 19 at the most, and because he wasn't yet an adult he was still a pais, which means a boy or a child. So what's odd about the Thebans is that they not only continued such pairing relationships, which may not have been sexual, but very likely were, beyond adolescence, but based a military unit on an erotic relationship in which both partners were adults. In that sense it wasn't a pederastic relationship because the younger partner was not a pais, he was an aner, which means a man.

How were they recruited? God knows. Did people apply as a pair? Did they apply as individuals as they did in Sparta for the elite 300 royal bodyguard? Did members leave at the age of 30, and the places that freed up were then applied for and fought for on an individual basis? Is that how the Thebans did it? And then did people pair off afterwards? Or did people have pederastic relationships of the normal Greek kind made up of one adult of about 22 to 24 and an adolescent, who then carry on together until the younger one is 20, so they can apply as a pair to join? Who knows? Then, of course, they could be lost in battle. If one is killed, does that then mean the other one has to leave the Sacred Band to make way for another pair? We're just not told any of these details whatsoever. It's an absolutely fascinating subject.



Was there any precedent for a military unit using pairs of lovers as a motivation for them to fight?

Absolutely not. It's both unprecedented and unexampled. No other Greek city followed them in this way, and I think that the reason for that is that it's extremely difficult to manage. You have to have lots and lots of homosexual couples or people willing to enter into a pairing relationship who are extremely good fighters. You've got to have both. I think it must have been very difficult.

We understand that members were chosen based on their merit rather than social class. Was this unusual?

There is one source that makes that point. Social class can have several significations. One is about hoplites as opposed to people who are sub-hoplites, but that's a wealth distinction. There is also an aristocracy - that is a distinction of birth. In Ancient Greece if you considered yourself to be an aristocrat - one of the 'best' men, as they called themselves - typically you found that claim on descent, tracing your family line back to what you and I would call a mythic hero or even a god. In Sparta, for example, there was such an elite social group and they called themselves The Descendants of Heracles. They claimed that, if you went far enough back, eventually you get to Heracles, who was both a hero and a god. The Thebans had their equivalent aristocratic family lines, but I don't think there would have been enough aristocrats to fill this number of spots on a regular, year-on-year basis.

When was the Sacred Band first deployed?

We think it would have been formed around the time of emergence of Thebes from Spartan domination, when it acquires a new constitution and it reestablishes the federal state of Boeotia, in 378 BCE. Then one of the first things you would do is think about how you're going to reconstitute your army. It was in 378 BCE that Gorgidas proposed forming what gets called the Sacred Band. It might well have been in action before, but its first success comes in 375 BCE at the Battle of Tegyra. This was a battle fought between this new-model Theban regiment and a detachment from a Spartan occupying garrison. When Thebes acquired its independence from Sparta, the Spartans' garrison was booted out of Thebes, but they retained one garrison at a place called Thespiae, which was very convenient for keeping an eye on both Athens and Thebes. It was a detachment from there on manoeuvres that this Theban Sacred Band set upon and defeated very seriously in 375 BCE. The Spartans had not suffered any major military disaster like that for about 15 years.

"EPAMINONDAS PUTS HIS BEST TROOPS, WHICH INCLUDES THE SACRED BAND, ON THE LEFT-HAND FRONT DIRECTLY OPPOSITE THE SPARTANS"

Sparta was built around the military training of its men, so do we know how the Sacred Band training compared?

We know absolutely nothing about its training, but we also know very little about how precisely the Spartans were trained. There is one rather interesting change going on, which is that at the end of the 5th century, about 400 BCE, the Spartan citizen body was about 3,000 people. By 371 BCE it's only just over 1,000. I'm not

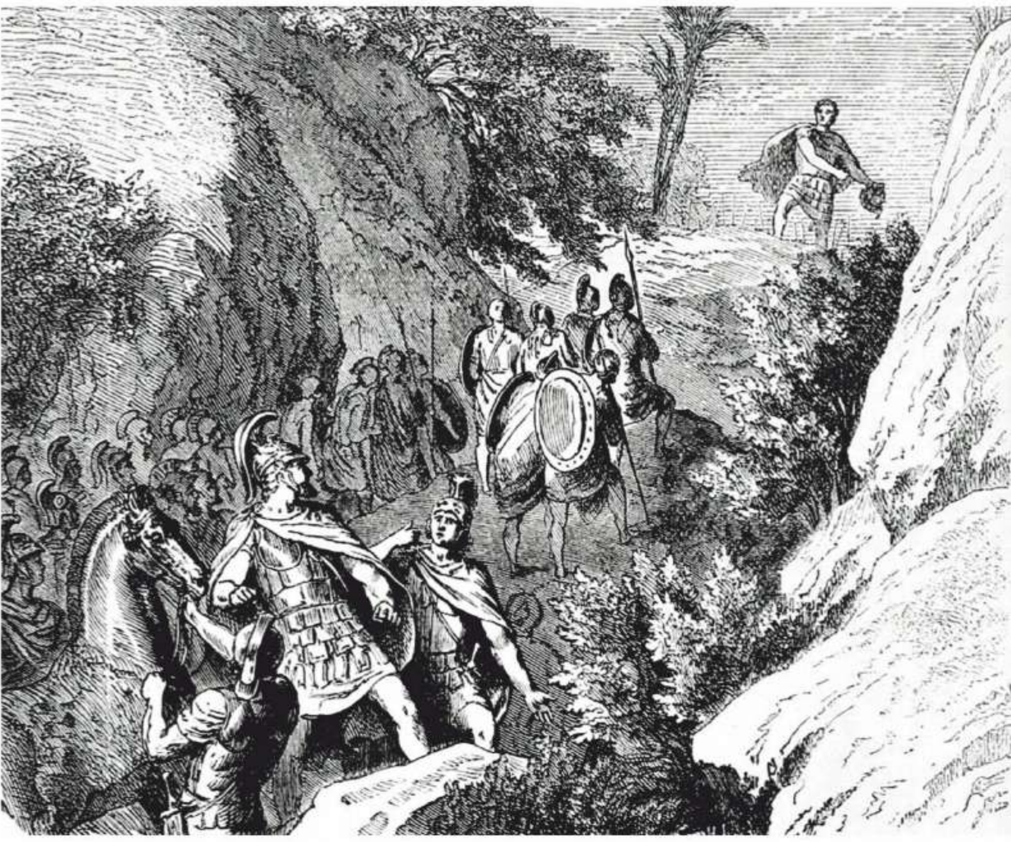
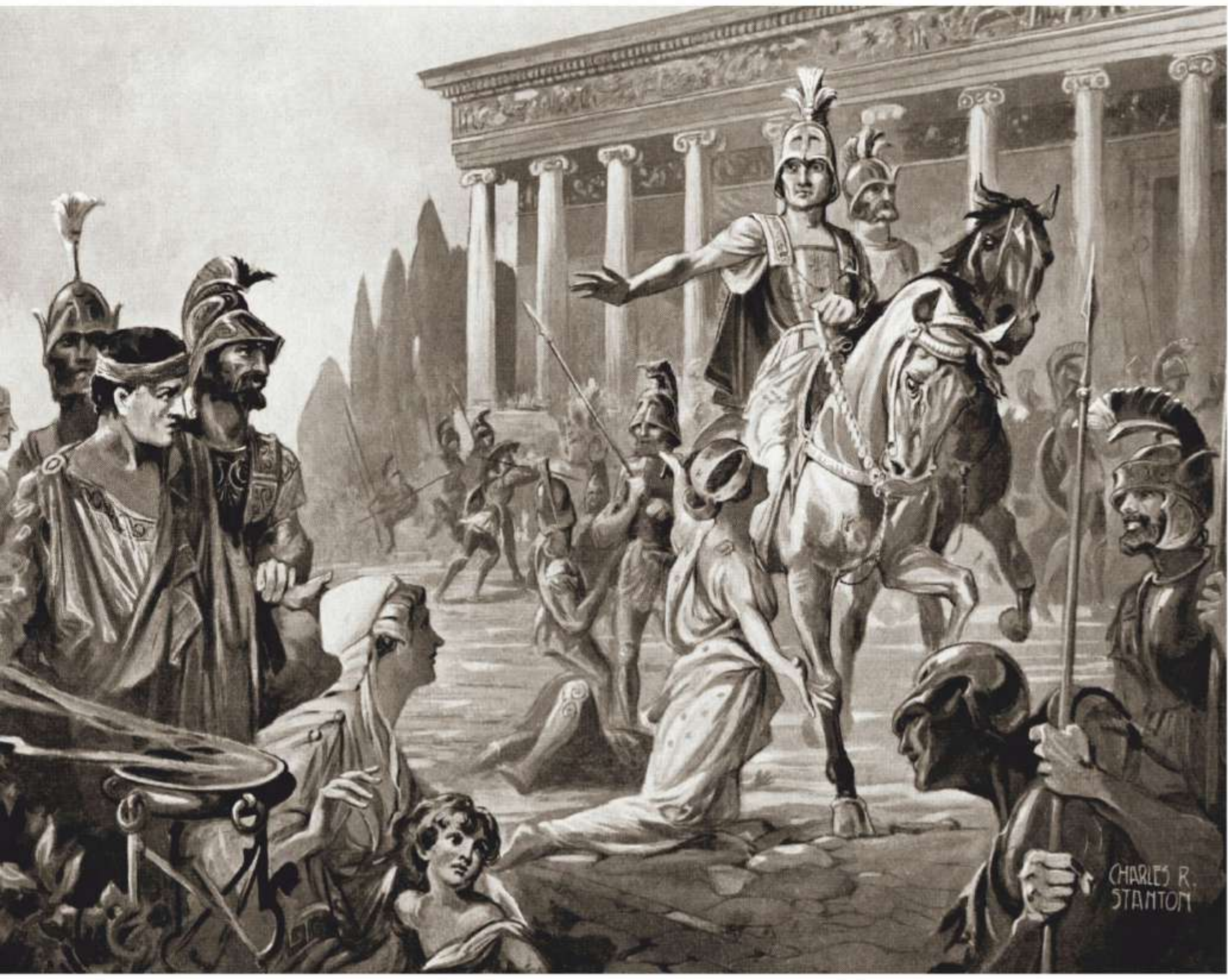


Image source: wiki/Ward



3x © Getty Images

going to go into why this is happening, but the Spartans internally are suffering from some sort of socioeconomic transformation that is having a major impact on the number of men they have available for frontline military service. My point is that for the Thebans or any other enemies of Sparta, the Spartans in the 370s BCE are no longer as powerful as they may appear to be. But the Spartans' reputation, their myth, was undiminished. If I were Theban and I wanted to work out how best to get my men trained, I would try to find out as much as I could about the Spartan system. The problem is that Spartans are very, very secretive, and they admitted into Sparta only those people who they thought were basically sympathetic to them to actually see what was going on there. The fact of the matter is that we are not told by any source what exactly the training consisted of.

How much of a threat was Thebes now to the other powers of Greece?

The Thebans used their increased position of domination within Boeotia to be quite unpleasant to other cities within Boeotia. One in particular, called Plataea, had been an ally of Athens for many, many years (since 519 BCE), and the Thebans always felt that by allying with Athens the Plataeans had in a way been traitors to the Boeotians, because Plataea is Boeotian. In 373 BCE, which is a couple of years after Tegyra, the Thebans actually went to Plataea and inflicted severe damage. Not total destruction, but quite a lot of damage upon the town. Sparta is still thinking about what it can do to knock these Thebans off their perch. Thebes is allied with Athens, and Athens is prepared if need be to send troops to defend the Thebans if Sparta attacks. As it turns out, skipping forward a little, we're now heading towards the crunch, which is the Battle of Leuctra in 371 BCE.

Our evidence for the battle and how it was fought comes from Xenophon and Diodorus, but they're lousy; they're not good military historians. You don't get a real sense of why the battle took the form it did. What we are very struck by is that the Thebans had virtually no allies. The Spartans were clever enough that they attacked the Thebans before the Athenians could come ▶

ABOVE-LEFT The battle against Macedonia would ultimately be the Sacred Band's last

ABOVE-RIGHT Alexander the Great would go on to sack Thebes in 335 BCE, leaving only a couple of temples where this great city had once stood

LEFT When the Spartans marched towards the Battle of Leuctra they could not have expected the innovative approach of the Thebans and the Sacred Band

THE TROUBLE WITH SOURCES

Pinning down the details of the Sacred Band is nearly impossible

As we found in our research and conversation with Professor Paul Cartledge, getting into the fine detail of who and what the Sacred Band was becomes very challenging. "There is no Thucydides of Thebes, just to give an illustration," Cartledge explains. "Therefore we're dependent upon a very much later source, Plutarch, who was a local (not a Theban, but from that region) and he was operating around 100 CE. So we're talking about 400-500 years later. He's therefore dependent on such contemporary resources as there were and there's one who's mentioned who is not immediately contemporary, but he was the historian of Alexander called Callisthenes."

Unfortunately Callisthenes' work has not survived so all we have is Plutarch's interpretation. Meanwhile we could look to Xenophon, but his biases get in the way. "Xenophon hated the way Thebes rose during the period that we're looking at, from about 400 BCE to 338 BCE. Xenophon wrote the history of Greece from 411 BCE to 362 BCE, so covering the first half of what we're interested in, but he managed to suppress the role played by the two leading Theban politicians Epaminondas and Pelopidas," says Cartledge.

And even with Plutarch there are barriers to what we can learn. "Plutarch wrote biographies of both of those men. Epaminondas was the more important of the two, but because of a manuscript copying blip, his life hasn't survived, but the life of Pelopidas has." Thankfully he was the commander of the Sacred Band at the Battle of Leuctra so his story gives us a great deal of what we know.

and help. It was at this battle that the Sacred Band was absolutely key to the victory of the Theban side.

What was the Sacred Band's role at the Battle of Leuctra?

Epaminondas was the general in charge, and what was unusual about Theban armies (and this is not just at this particular battle, as it goes back 50 or 60 years to the 420s BCE) was the depth of lines of hoplites. Normally a Greek army would have something of the order of eight ranks, one behind the other. Depending on how many men they had altogether, that would determine the width of the battle line, but the depth was typically eight ranks. The Thebans going back to the late 5th century BCE had already started going up to three-times as deep as that, so 25 ranks deep (Battle of Delium). At the Battle of Leuctra, they were arrayed 50 ranks deep. Why this battle is so revelatory and so original is that typically your best troops would be put on your right, your second best troops on the far left and then the not-so-good troops in between them. With Sparta, for example, you've got the king and his elite bodyguards at the right-hand end of any battle line. Well, what Epaminondas does is put his best troops, which includes the 300 of the Sacred Band as a unit, on the left-hand front, directly opposite the Spartans. So the Spartans come along with their allies, the Spartans are on the right traditionally, eight ranks deep, and the Thebans including the Sacred Band are 50 ranks deep and directly opposite the Spartans. Later sources talk about it as trying to crush the head of the snake.

Epaminondas is going to just take out the Spartans, and he will then count on the allies of the Spartans not being very keen to continue the fighting. But that's not all. He has cavalry as well as infantry and he uses the cavalry to cause a bit of confusion in the Spartan ranks before the two infantry sides meet each other. Next, he doesn't advance his army directly, head-on, but he advances it at an angle in what's called 'refusing', and the left-hand side of his battle line is kept a little back while the right-hand side advances a little before it. This too causes the Spartan side to be confused. They're not prepared for that and not used to that sort of approach. So, all those three things together, the cavalry, the refusing and then the concentration in great depth are enough to provide the Thebans with an absolutely swingeing victory in which 400 out of 700 Spartans present are killed. And the 700 there are two-thirds of the entire Spartan citizen army, which is only just over 1,000 at that time. The game is up, as it were. The Spartans have lost their hegemony, their potency and indeed within five years they're going to lose their (Peloponnesian League) alliance. Thebes as a result of this victory becomes top dog not just in mainland, central Greece, but in all Greece. It's able to intervene as far north as Thessaly and Macedonia, it builds a navy, which Epaminondas takes wandering around up into the Black Sea area, down into the south-west of Turkey. It's all Thebes, Thebes, Thebes from 371 BCE to 362 BCE.

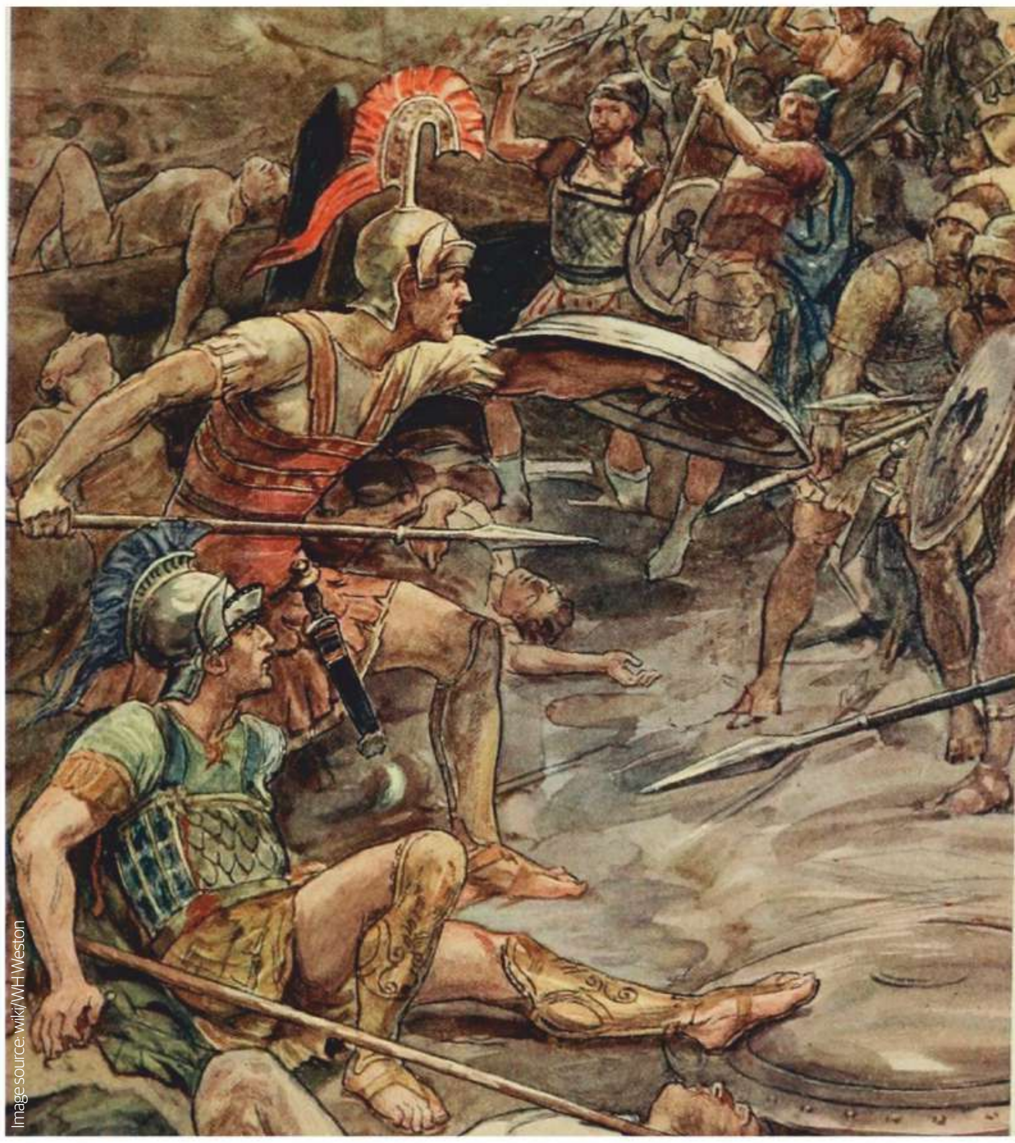


Image source: wiki/WH Weston

RIGHT
Epaminondas and Pelopidas, depicted here at the Siege of Mantinea in 385 BCE, became major figures in the Sacred Band

BELOW
Epaminondas was killed at the Battle of Mantinea and the absence of his leadership in the years that followed may well have contributed to the decline of Thebes

> **"FOR A CONQUERING, ARROGANT BASTARD TO SAY THAT ABOUT YOUR ENEMY IS A REALLY BIG COMPLIMENT"**

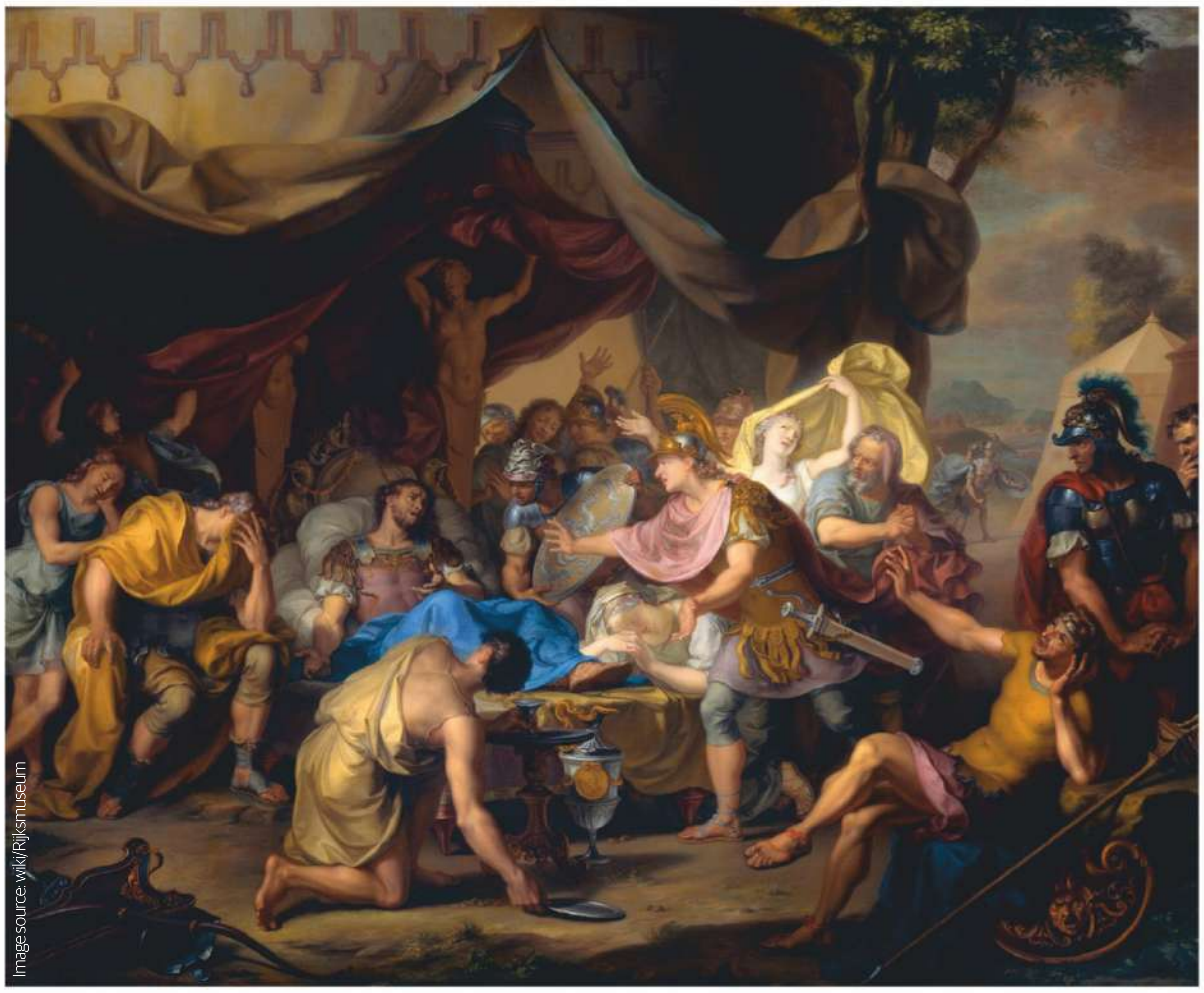


Image source: wiki/Rijksmuseum

How much autonomy would the Sacred Band have had within the Theban military?

I would say none. A hoplite phalanx by definition has its strength from its unity. The Sacred Band's form, its ethos, like the marines, is unique. They're the elite of the infantry, but they have to fit into the phalanx.

Ultimately they were defeated by Philip II at Chaeronea. Had they become more vulnerable?

No, what's changed is the rise of Philip in 359 BCE and before that the death of Epaminondas in 362 BCE, and even before that the death of Pelopidas in 364 BCE. Thebes in 362 BCE is still the dominant single power. It fights yet another battle, the Battle of Mantinea, in which Athens has now become so frightened of Thebes it joined with Sparta (a very much weaker Sparta) and they are defeated by the Thebans. But Epaminondas dies at the Battle of Mantinea, so that's sort of the end of Thebes' glory

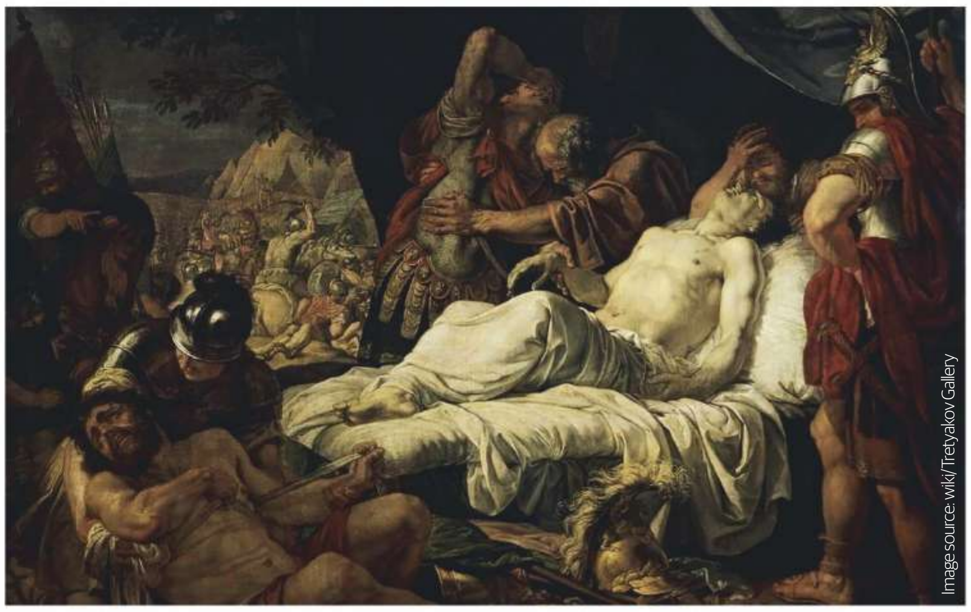


Image source: wiki/Tretyakov Gallery

LEFT Pelopidas was killed in battle in 364 BCE in one of a number of excursions into the north while Thebes was still powerful

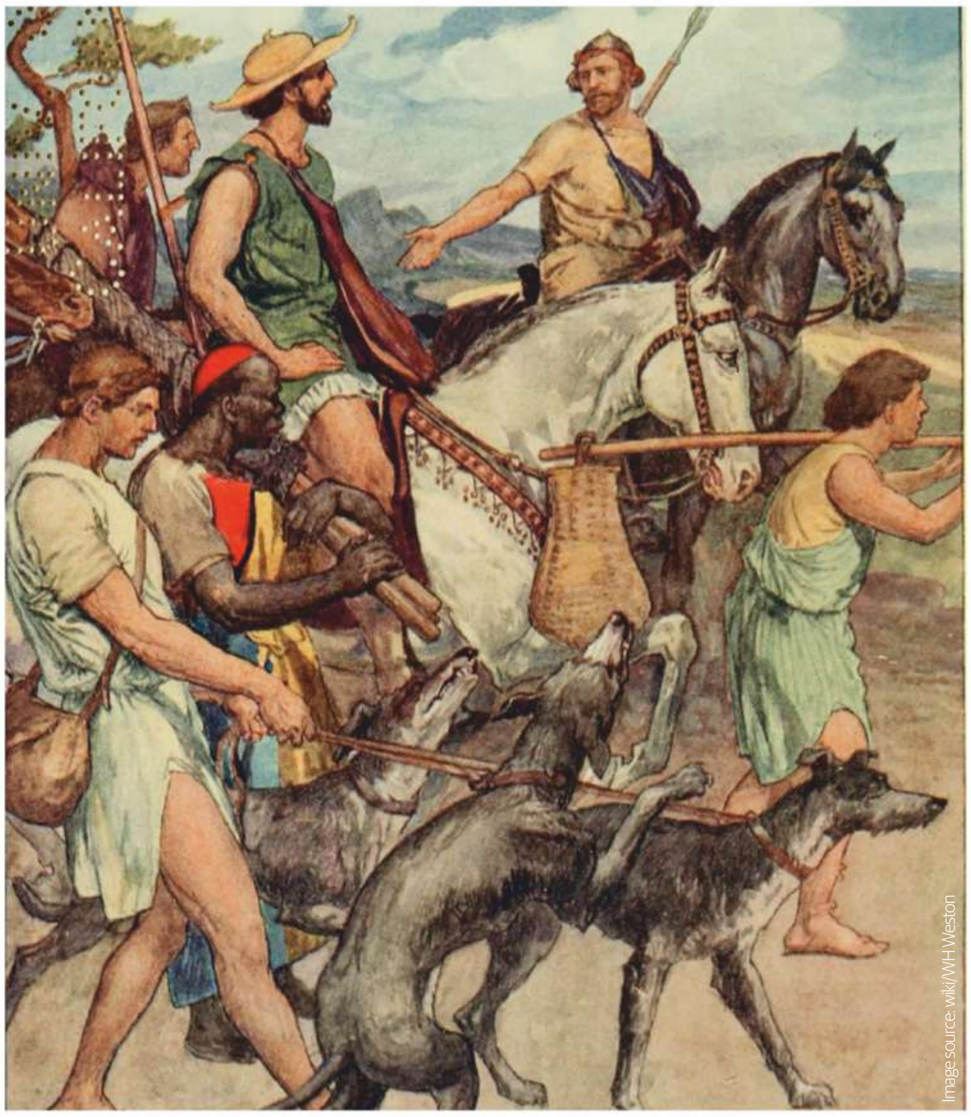


Image source: wiki/WH Weston

BELOW Pelopidas was a pivotal figure in the overthrow of Spartan control in Thebes having lived in exile for some years. He would then go on to command the Sacred Band

period as the major military political force in all mainland Greece and the Aegean area.

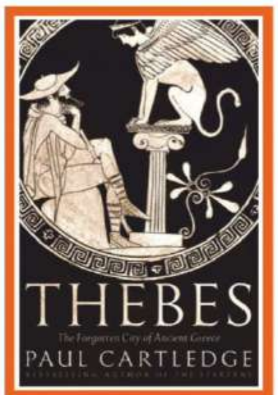
We then know very little about what the Sacred Band or indeed any of the Theban military is up to for a very long time. We do know a great deal about the rise of Philip of Macedon because the main focus of the Athenian sources like Demosthenes, Aeschines, and other orators, is on Philip. What he does, apart from unifying Macedonia under him and becoming the single dominant power in northern and central Greece, is he establishes a completely new kind of army.

The essence of it is that, instead of having hoplites, that is heavy infantrymen with pikes about nine feet or ten feet long, Philip replaces them with what are called Sarissa-bearers. These are men who carry two-handed an 18-foot spear, doubling the average length, and as you're approaching the Macedonians that makes it virtually impossible to get near them before you're hit by their nasty pikes. He then has very mobile and powerful cavalry, which is a Macedonian speciality for a long period of time.

By this time there have been several Sacred Bands and it's possible that the one fighting in 338 BCE or the commander of the one fighting at Chaeronea just wasn't as good as the Band that had been led by Pelopidas and founded by Gorgidas. What's heroic about them - and I think this is where the Spartan Thermopylae precedent comes in - is that they agree that 'We're not going to run away. We're not going to make terms with the Macedonians. We're going to bloody well die.' And they do. It's partly for this reason that I think we care about the Sacred Band in a way that we don't care about, for example, the Argive 300 special elite force. I think it's because of the way they die at Chaeronea. Philip was actually commanding in person, and he is said to have come over to where they died and said something like, 'These men died bravely.' For a conquering, arrogant bastard to say that is a really big compliment.

Did the Sacred Band have any lasting influence on Ancient Greece?

Not in Ancient Greece, as there are no other examples of that sort of homosexual, paired elite force. There are elite forces, but not of that nature. But with the modern recuperation of the very notion of homosexuality (and in a way the invention of the word in the 19th century) people have wanted to write back homosexuality into the history of Ancient Greece in a positive way. If you think you can make both love and war very effectively as a gay person, then this is a wonderful shining example for you to hold up. ○



Thebes: The Forgotten City Of Ancient Greece by Paul Cartledge will be available from 12 November 2020 from Picador.

THE THEBAN SYSTEM

How was the city different to Athens and Sparta?

For much of the 4th century BCE Thebes was a major power in Ancient Greece, often standing against or above Athens and Sparta. It was, however, a very different city to those two. For a start, Thebes wasn't a city state in the way its rivals were, but rather the chief city in a federated state called Boeotia. It was also run on a different political framework, being neither a democracy nor a monarchy. Instead it was an oligarchy with the elite class running the state.

In the previous century, during the Peloponnesian War, Thebes had sided with Sparta since Athens had long been its natural rival in central Greece. However the aftermath saw Thebes disaffected with Spartan influence to the point it allied with Athens, Corinth and Argos in a Quadruple Alliance in 395 BCE to stand against Sparta. Thanks to Persian support, Sparta emerged victorious and the Boeotian Federation was dismantled. Prominent Thebans, including crucial future leaders Pelopidas and Epaminondas played a part in liberating Thebes and kicking out the Spartan garrison in 379 BCE, and in the years that followed a new government was established. This may have included a little more democracy in its political organisation than before and it also included a reorganisation of the military, including the formation of the Sacred Band by Gordidas. It was from this point that Thebes became a major power in Ancient Greece for the next 40 years.

Written by Melanie Clegg

Blitz-Busting Tips

With many basic ingredients and luxury items hard to source during World War II, intrepid cooks and fashion fans were forced to find creative solutions

Before the outbreak of World War II, Britain imported most of its food and was heavily reliant on overseas trading for many other goods, which left it at a disadvantage after September 1939 when the supply chain was interrupted by naval blockades. Rationing was a gradual process with bacon, butter and eggs being the first of many food items to be restricted in order to ensure that there was enough to go around. The scarcity of fresh produce and essential ingredients like eggs, flour and sugar meant that cooks had to find substitutes if they wanted to eat well. Meanwhile, items like clothes, silk lingerie, stockings, perfume and makeup also became increasingly difficult to find, with the result that aspiring fashionistas were forced to be creative if they wanted to look their best.

Image source: wiki/James Petts

MARZIPAN

Make Christmas perfect with mock marzipan

Although Christmas during the wartime years was a challenge thanks to rationing and a lack of resources, it was still one of the highlights of the year and a time when almost everyone could try to relax and do their best to forget about the war with as many of the usual festive trappings as possible. For many, it was unthinkable to celebrate Christmas without the traditional fruit cake but with eggs, dried fruit and spices so difficult to source, making it could be tricky and many people were forced to use eggless recipes. With almonds in short supply, making marzipan could also be difficult so resourceful cooks made their own version with margarine, water, almond essence, sugar and either flour or breadcrumbs, which could then be wrapped around the cake.

> “Some resourceful cooks tried to create a honey substitute by boiling parsley with water, sugar and vinegar”

Image source: Pexels/Pixabay

PARSLEY HONEY

Parsley makes a surprisingly realistic honey substitute

Honey was much in demand during World War II as it was an excellent substitute for sugar, which was in short supply. However, this demand meant that it was not always readily available, especially to those not fortunate enough to live in the countryside. Some resourceful cooks tried to create their own by boiling parsley with water, sugar and vinegar, which produced a syrupy mixture that looked and tasted like heather honey. It could be kept for several months in jars, which meant that the parsley honey could really come into its own when sugar was in short supply.

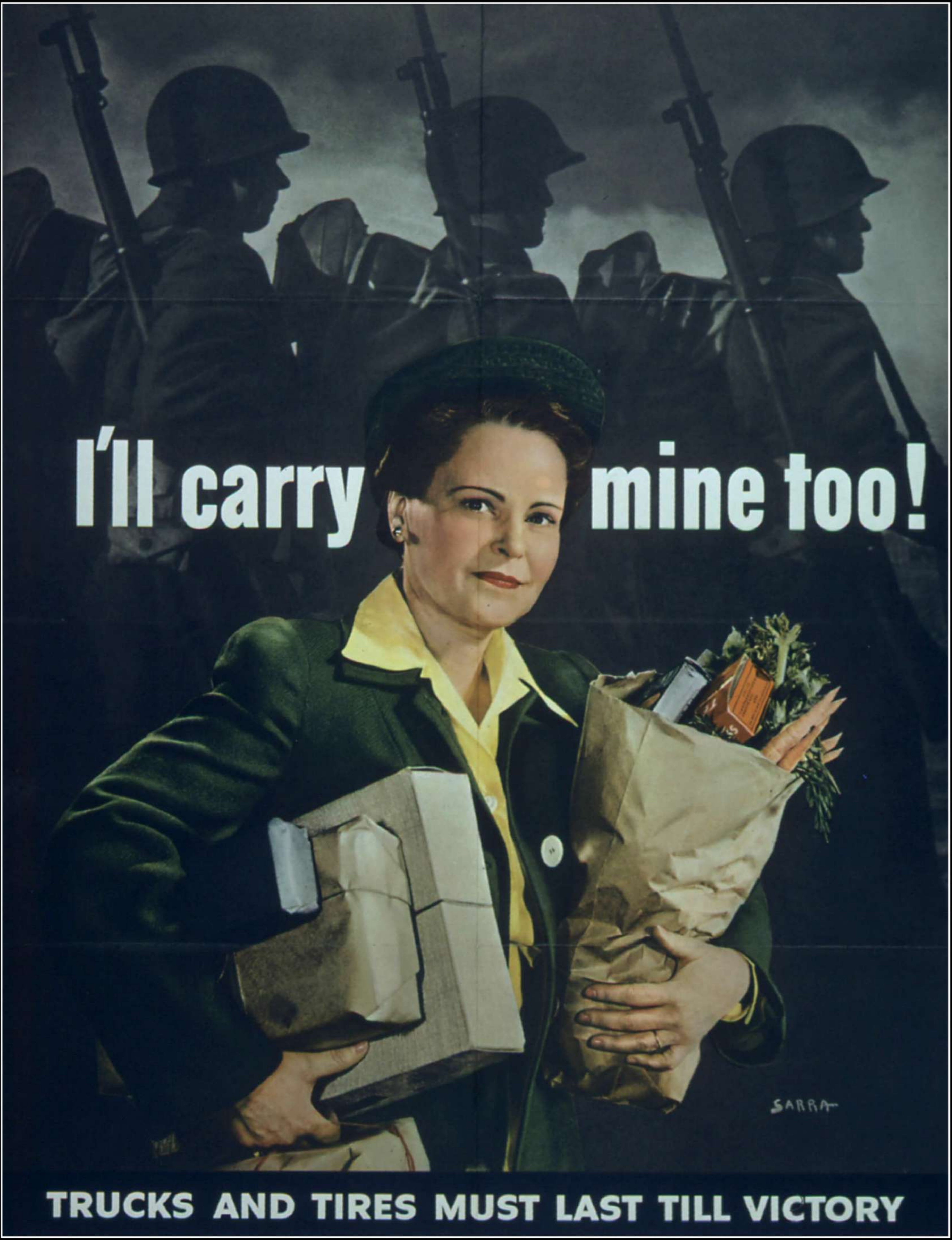

I'll carry mine too!
SARRA
TRUCKS AND TIRES MUST LAST TILL VICTORY

Image source: wiki/National Archives

Image source: wiki/Ben P L

CARROTS

Decrease the carrot glut by using them in everything

Not everything was in short supply during the war, and when Britain experienced a glut of carrots the Ministry Of Food was forced to be creative in order to encourage people to use more of them so that nothing was wasted. It claimed that eating carrots would improve night vision (essential during the blackout) and that this was the reason why RAF pilots were so good at shooting down enemy planes during night-time missions – a myth that persisted for a long time after the war. Suggested recipes included carrot cakes, biscuits, scones and puddings as well as, more unusually, carrot fudge, which involved boiling grated carrots with gelatine and orange essence before leaving it to cool and set. Carrots, with the addition of some almond essence, were also used in place of apricots, which were usually hard to source, in mock apricot tart.

Image source: Pexels/Markus Spiske

Image source: Pexels/Couleur

FAKE BANANA

Boiled parsnips make an adequate substitute for Britain's favourite fruit

Before the outbreak of the war, less than a third of the food consumed in the UK was homegrown, with around 20 million tonnes being imported from overseas. This meant that more exotic items like bananas, which were extremely popular, became almost impossible to find once hostilities began and supply chains were interrupted by blockades. Determined not to be prevented from enjoying their favourite treat, intrepid banana fans devised a way of replicating the flavour and texture by mashing boiled parsnips with caster sugar and a few drops of banana essence and then eating the mixture in a sandwich. This unusual-sounding concoction had decidedly mixed reviews, with some people claiming that it was close to the real thing, while others absolutely hated it. The day in December 1945 when bananas finally returned to British shores as part of a consignment from Jamaica would later be considered a defining moment by many, with a huge crowd gathering on the dock to welcome the delivery of 10 million precious bananas, which were distributed amongst the nation's children.

WEDDING DRESSES

Beg, borrow or steal parachute silk for the perfect wedding dress

Finding the perfect wedding dress has always been stressful for aspiring brides and it was even more difficult during the war when resources were extremely limited. Many women made do by simply wearing their best outfit or borrowing something from a friend or family member. But others remained determined to wear a traditional white dress, preferably made from silk. As silk supplies had been diverted to the military in order to manufacture parachutes, brides were forced to be resourceful if they wanted to get their hands on some precious white material. Those who were engaged to a member of a parachute regiment were obviously in luck, with some brides even being able to make dresses out of parachutes that had saved their fiancé's life, but others were forced to either buy or barter in order to obtain some silk. The silk maps used by pilots were also much coveted and were often transformed into lingerie or even quirky dresses, many of which became prized family heirlooms.

© Getty Images

FAKE WEDDING CAKES

Use your artistic skills to create the perfect wedding cake

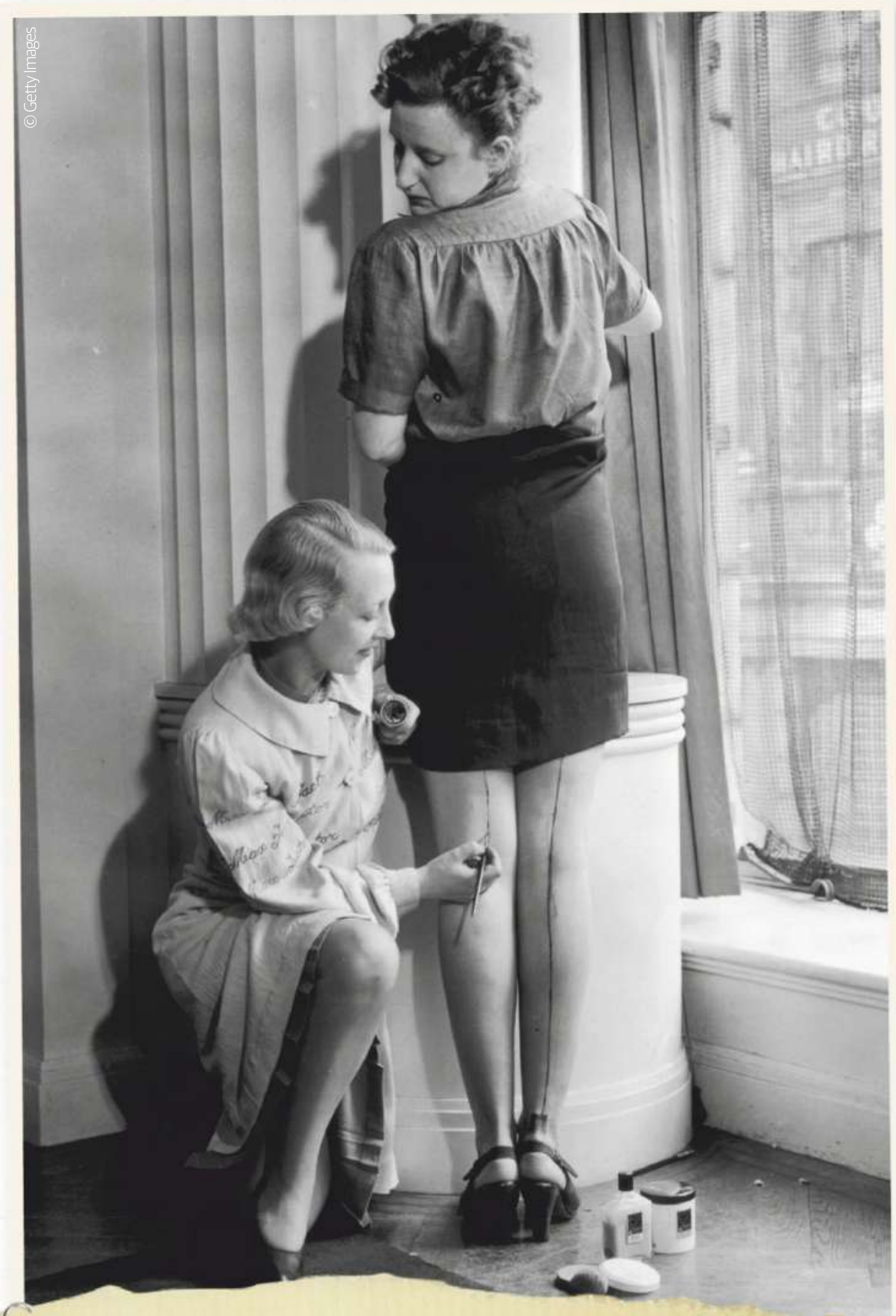
With the ingredients to make fruit cakes often in short supply, many wartime brides struggled to provide a traditional lavish wedding cake covered in royal icing. While many couples went without a fruit cake, others used their artistic skills to create fake ones from plaster and cardboard which would then be painted white and decorated in the usual fashion with flowers, ribbons and a model bride and groom. These fake cakes would take pride of place at the wedding breakfast with the guests, who would usually be sent home with small slices of genuine cake, often having no idea that they had been duped.

MOCK CRAB

It's nothing like the real thing but still makes a great sandwich filling

Although fish and seafood were not rationed and were theoretically available for anyone to buy, they were often very hard to come by. They were also expensive because commercial fishermen were paid a premium due to the fact they were at risk of enemy attack while out at sea. Crab was a particularly popular British delicacy and although it could usually be easily sourced in coastal areas, it wasn't always available to buy elsewhere. Keen cooks attempted to replicate crab by adding grated cheese, salad dressing and vinegar to eggs scrambled in margarine. Although this mixture bore very little resemblance to the genuine article, it was still considered to be a rather pleasant sandwich filling.

Image source: Pexels/Alexsandro Rosa de Mello



© Getty Images

> "Women would paint their legs with cold tea or even gravy to replicate the look of silk stockings"

MAKE UP

Use beetroot instead of lipstick for a patriotic red lip

Although the wearing of obvious make up had been frowned upon in some quarters before the war, after 1939 it came to be regarded as an act of defiance in the face of the deprivations the enemy was attempting to impose, both physically and emotionally, upon the British people. Women were encouraged to look their very best in order to boost morale and demonstrate how undaunted they were by the war. However, as cosmetics became increasingly difficult to find, women were forced to improvise by using beetroot or dampened red ribbons to colour their lips and cheeks. More intrepid fashionistas used boot polish instead of mascara, while others dug out their old watercolour sets and used the pigments on their eyes, cheeks and lips. Talcum powder or even, in an emergency, flour might be used as setting powder afterwards. As a finishing touch, many women liked to add a dab of vanilla essence behind the ears instead of perfume.

FAKE STOCKINGS

Substitute cold tea or gravy for silk stockings

In the pre-war years it was considered unladylike for women to be seen out and about with bare legs and so stockings, usually made of silk or nylon, were widely worn. However, with the outbreak of hostilities the materials used for stockings were redirected for the war effort, making them extremely difficult to source. This meant that women were forced to improvise in order to replicate the same look, especially those serving in an official capacity who were forbidden to sport bare legs with their uniforms. Painting the legs with cold tea or even gravy was a popular approach to this dilemma, while many women went even further and carefully drew a straight line up the back of each leg to replicate a stocking seam – it was obviously much easier to achieve a perfect line if you got someone else to draw it for you.

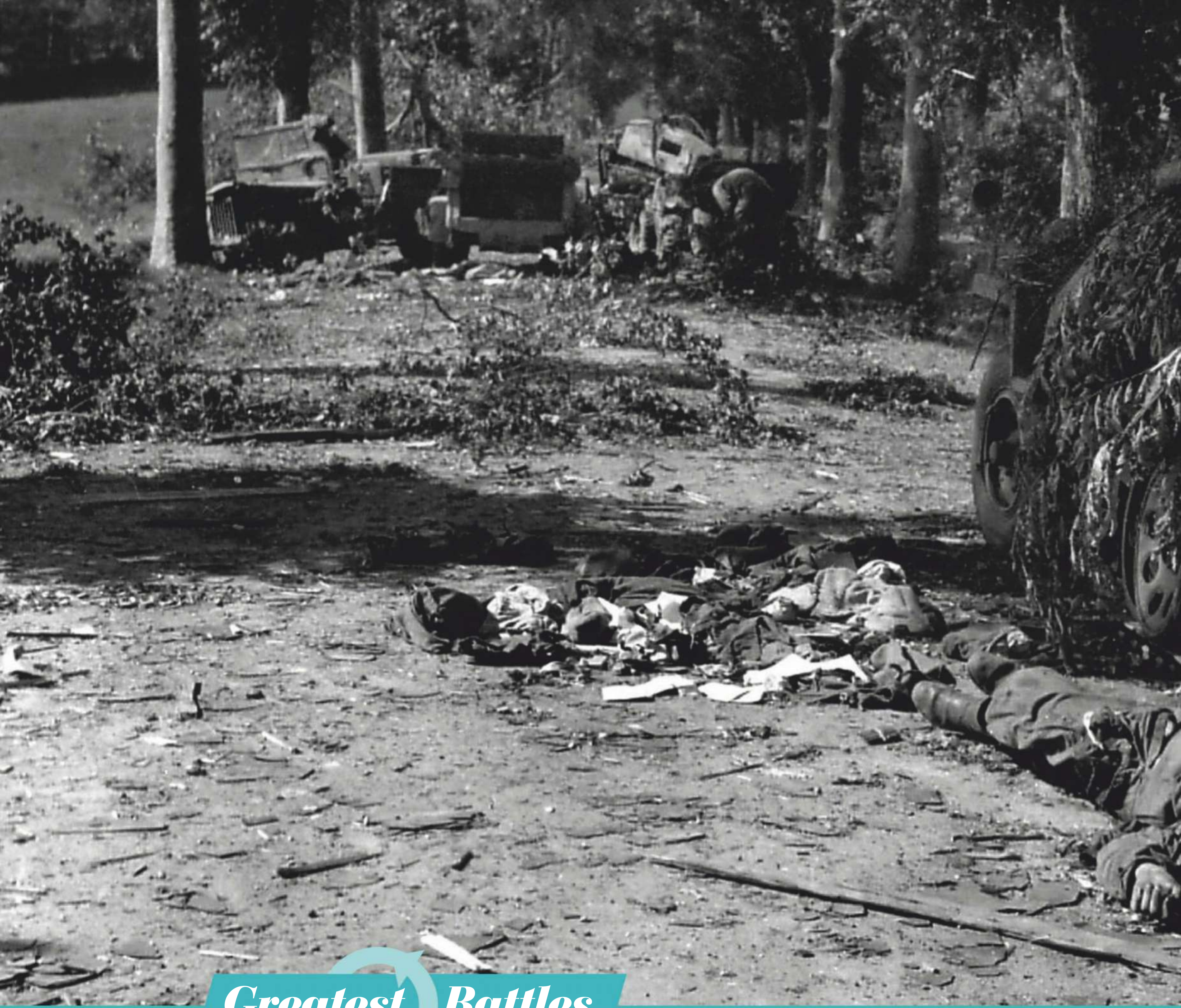
© Getty Images

FAKE MAYONNAISE

Make mayonnaise with mashed potato instead of eggs

Eggs were often in short supply, with most people only being allowed one egg each every fortnight. This caused many problems for home cooks as they were a mainstay of the British diet, with many dishes relying on their inclusion. During the winter months eggs might not be available at all, which meant cooks had to be really crafty if they wanted to make a recipe that needed them. Mayonnaise, which relies on the inclusion of eggs, could be particularly difficult, especially if lemons were also in short supply. Many people substituted eggs for a small amount of mashed potato, which would be mixed with vinegar, mustard and cooking oil then seasoned with salt and pepper.

Image source: wiki/jules



Greatest Battles

BATTLE OF HILL 262

NORMANDY, FRANCE, 19-21 AUGUST 1944

Written by Marianna Bukowski

In August 1944, wave after wave of German assaults crashed against Hill 262 near the hamlet of Coudehard in north-west France. It was here that Polish soldiers held their ground in a resolute stand against odds that seemed beyond all military tactics. Afterwards, the location would pass into history as 'Maczuga' - the 'Mace'.

Following the Allied landings in France on 6 June, the 1st Polish Armoured Division, made of General Stanislaw Maczek's veterans and officers of the 10th Motorised Cavalry Brigade that had escaped to Britain after the fall of France, was to form part of the second echelon, and relocated from Scarborough to Aldershot in July.

After departing from Tilbury Docks and safely crossing the English Channel, the division arrived in France on 1 August 1944, the very same day

A German soldier lies next to a destroyed half-track near Mortain

© Alamy

Lieutenant Klaptocz of the 1st Polish Armoured Division converses with his American opposite number after the battle

Image source: wiki/Archives Normandie 1939-45

that Warsaw, proud capital of long suffering Poland, erupted in the heroic uprising against the occupying Germans. The division would not have to wait very long for its own baptism of fire. Assigned to the Canadian II Corps, forming part of Field Marshal Montgomery's 21st Army Group, they were soon up against the superior German army's Panther and Tiger tanks.

HILL 262

The Germans, all too aware of the ever-closing net around them, proved as dangerous an enemy in their retreat as they had in the years of blitzkrieg advance. Their fate in Normandy would be decided by the battles to come against three Allied forces, all converging around the towns of Trun, Chambois and the hamlet of Coudehard.

Facing a desperate enemy, the US, Canadian and Polish troops moved in from the north and south, prepared for intense fighting where co-ordination to avoid friendly fire, and the ability to switch from fluid action to defensive battle, would prove crucial.

On 17 August, following the unsuccessful Operation Totalize, Montgomery ordered the 1st Polish Armoured Division to take Chambois, where it was to join up with the 90th US Infantry Division and close the only remaining gap for the Germans to withdraw north and east. To achieve this, the 10th Mounted Rifles were dispatched via Louvagny and Barou to Trun, while the 2nd Armoured Regiment was sent to a position 15km northeast of Trun. Identifying the value of high ground to provide a strong defensive position, Maczek directed the 1st Armoured Regiment towards two hills, 262 North and 262 South, which formed the Mont Ormel ridge northeast of Chambois.

THE CORK

After the war, Montgomery, commander of the ground forces in Operation Overlord, wrote, "Under Falaise we locked the Germans like they were in a bottle and the Polish Armoured Division was the cork in this bottle."

Advancing on a parallel line to the north of the 4th Canadian Division, while manoeuvring across difficult terrain, the Polish regiments had been engaged in continuous fighting and gone many nights without hot food and sleep. As 19 August dawned, a combat group under the command of Lieutenant Colonel Stefanowicz continued their advance – with engines roaring in the steep climb along the western slope up to the ridge and the summit of the Hill 262. Suddenly, appearing on the road in front of them was a seemingly endless column of German vehicles in retreat. Tanks, guns, cars and horse-drawn carts – all loaded with men and equipment – moving at the painfully slow pace set by starved, exhausted horses.

Stefanowicz's 50 guns and 100 machine-guns opened fire upon the Germans. Some German tanks, trapped inside the now demolished column, tried to offer resistance, yet it was in vain. As rain began to fall and the smoke settled over the bodies of dead men and horses among the wrecked vehicles, white flags of surrender began to appear.

THE MACE

By the evening of 19 August, their objective was reached. Two-thirds of the 1st Polish Armoured Division was now positioned on The Mace. As morning broke, there was movement in the bushes below. Germans were trying to squeeze through at the foot of the Mace. Once the Poles replied with fire white handkerchiefs signalling German surrender would pop up – just as German anti-tank shells began to whistle by. This nerve-testing pattern of violent assault and sudden surrender would repeat and escalate in the coming days, as the number of Germans taken prisoner kept increasing. Arriving in an almost uninterrupted stream, the German prisoners were held together in a clearing under the watchful guard of 3rd Company standing ready to fire in any direction.

With German forces attacking in waves, only to break against the Polish foothold at the Mace, it took no time for the German command to realise their route was blocked. Sporadic fire soon turned into pounding artillery as the Germans seriously began their attempt to drive away the Polish units preventing their escape route. German artillery and mortars rained down. The sound of them being discharged reminded the Polish soldiers of a coffee grinder – a crackling noise upon which everyone plunged headlong for cover and then listened intensely at where the screeching missiles that followed would fall.

Thousands of Germans were killed, wounded or captured during the fierce fighting

© Alamy

And fall they did. Indiscriminately – on Polish troops, the tanks and also on the German prisoners held in the clearing. After each barrage of shell fire came another German assault. When the German 7th Army's attempts to break through and escape Normandy became evermore desperate, the Polish units stood defiantly against the assaults and held their ground. The Polish defensive positions were said to resemble the walls of a medieval fortress – with tanks as towers and infantry interspersed between them. Command was decentralised and each battle group, consisting of an armoured regiment and attached infantry, defended its own section. At the widest point the position was about two kilometres across and the tank battles were fought at very close range. The fighting was ferociously brutal as the remnants of the SS divisions mounted desperate assaults, resulting in continuous hand-to-hand combat.

General Maczek likened the situation to the Polish division taking a raging bull by the horns and mounting it as it picked up speed, further enraged by the Canadians and British thrashing at its sides. He added that the image was not meant as criticism of the Allies, rather as an illustration of how "war likes to create such paradoxes".

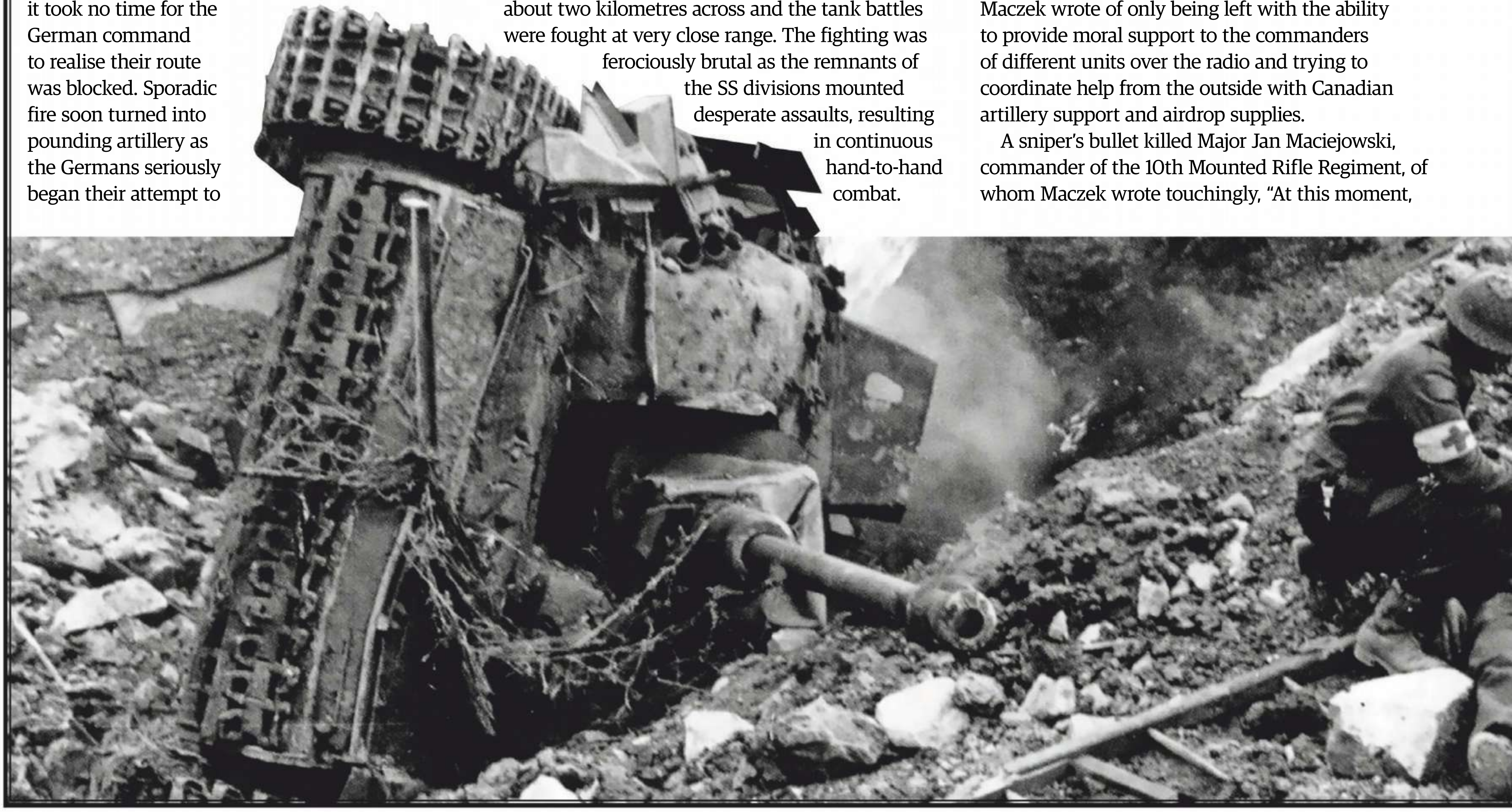
Throughout the grinding onslaught, as one combat group followed another and the German 7th Army furiously threw themselves at the ridge, the Polish units held on. Everything was at stake. Standing alone, surrounded by enemies, their wireless messages requesting support were left unanswered. No help was coming. The nearest Canadian 4th Armoured Division was also involved in battle and could not come to their assistance. Alone, and completely surrounded as shells came in from all directions, the Polish soldiers on the Mace withstood fierce fire under one simple, yet immensely difficult, command: "You must hold on."

A POLISH BATTLEFIELD

In the morning of 20 August, the 1st Polish Armoured Division held three areas. At Chambois were the 10th Dragoons, 24th Uhlans, an anti-tank squadron and II Battalion/358th US Infantry Regiment. At Hill 113 north of Chambois were the 10th Mounted Rifles with two anti-tank squadrons. On the Mace were two tank regiments, three infantry battalions and one anti-tank squadron.

In his memoir, *From Carts To Tanks*, General Maczek described 20 August as "the day of crisis for the Polish Armoured Division". Having thrown all the remaining units he could into the battle, Maczek wrote of only being left with the ability to provide moral support to the commanders of different units over the radio and trying to coordinate help from the outside with Canadian artillery support and airdrop supplies.

A sniper's bullet killed Major Jan Maciejowski, commander of the 10th Mounted Rifle Regiment, of whom Maczek wrote touchingly, "At this moment,



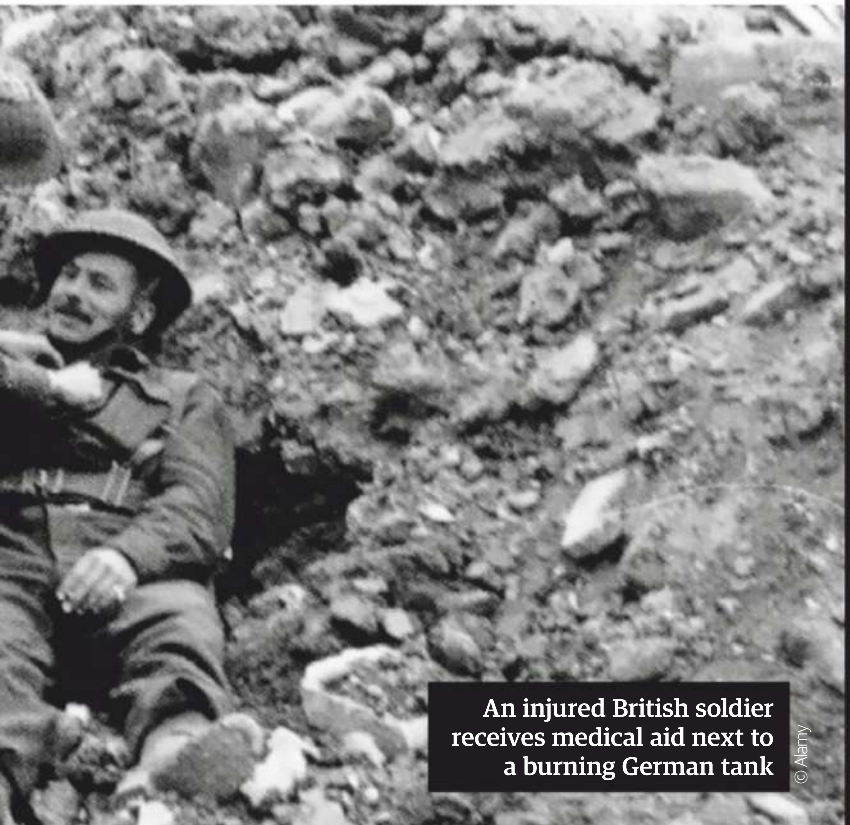
I would not be able to write something adequate in honour of this knightly commander, only repeat the words of his adjutant, 'Since this morning, he was no longer alive – but we felt that he still led us in battle throughout the day.'"

Wounded during the day's fighting, Stefanowicz addressed his remaining officers: "Gentlemen, all is lost. I do not think that the Canadians can come to our rescue. We have only about 110 able-bodied men left. Five shells per gun and 50 bullets per man. That's very little, but fight all the same. Surrender to the SS is futile, you know that. I thank you. You have fought well. Good luck, gentlemen. Tonight we shall die for Poland and for civilisation! Each tank will fight independently, and eventually each man for himself."

The relentless German assault continued and the Polish troops began to run out of ammunition. Should the following day prove anything like the previous, without reinforcements and fresh supplies the Poles would be overrun.

As night fell, without anything to eat and an acute lack of water, the Polish soldiers readied themselves for the next onslaught. In the morning the German attacks resumed. One German company even attempted a suicidal attack by climbing the steepest slope of the Mace. "Within a few minutes the company ceased to exist, and the shouts which were meant to buoy up their spirits in the assault changed into horrible cries of men dying in the midst of burning grass," wrote Marowski. Suddenly, something had changed. The German attacks became less co-ordinated than they had been on previous days. "Artillery fire grew weaker, mortars fell silent. It even stopped raining." Around midday the crisis had passed. At last, the 4th Canadian Armoured Division came through from Trun and with them came re-supplies of ammunition, fuel, food and medicine – as well as a route to begin evacuation of the wounded.

The last German attack was fought off by both Polish and Canadian troops. At 2pm the battle



An injured British soldier receives medical aid next to a burning German tank

© Alamy

POLISH

Image source: wiki/Centralne Archiwum Wojskowe

STANISŁAW MACZEK

A veteran of World War I, Maczek was a commander of Polish tank divisions throughout World War II from September 1939 through to fighting in France in 1940, and then the 1st Polish Armoured Division under Allied command until 1945.

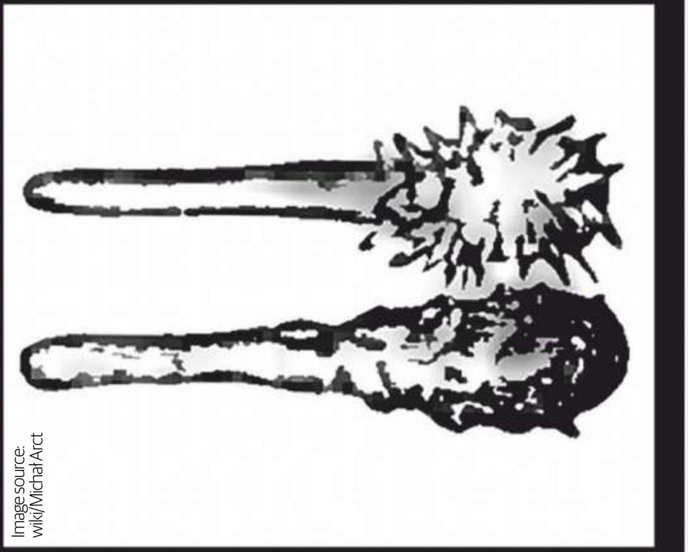
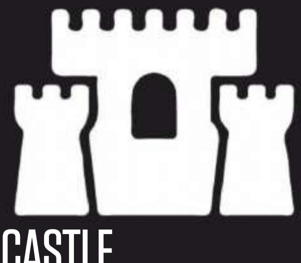


Image source: wiki/Michal Arct

WHAT WAS THE 'MACE'?

The Poles named Hill 262 'Maczuga', meaning Mace, because the contour lines of the ridge of the hill on their maps gave it the shape of a medieval Polish club or bludgeon. It was a name that caught on.



THE LITTLE CASTLE

Since Polish troops were cut off from support they couldn't get their wounded away from the fighting. A dressing station in a farmhouse on the northwestern slope of Hill 262 became known as The Little Castle. Doctors worked here and under nearby apple trees to tend to casualties.

GERMANS

Image source: wiki/State Treasury of Poland

WALTER MODEL

After some success in managing the retreats of the 9th Army in 1942-43, Model became the go-to defensive commander for the Nazis in WWII. Hitler turned to him regularly to save desperate situations for German forces, but he fell out of favour after the Battle of the Bulge.

Image source: wiki/Archivesnormandie

THE FALAISE POCKET

The victory at Hill 262 for the Allies meant that the Falaise Pocket, an encirclement of retreating German troops, was finally closed off. Around 50,000 men were trapped within it, and while some escaped the loss of troops and equipment was significant.

was over. Standing alone at the Mace, 1,500 Polish soldiers and 80 tanks had held on to their position in a heroic feat of arms that was vital to closing the Falaise Gap on 21 August 1944. The sappers of the Royal Canadian Engineers that came to relieve them put up a signpost at the summit of the Mace in their honour which simply read 'A Polish Battlefield'.

FOG OF WAR

Meanwhile the 90th US Infantry Division had fought hard to hold Le Bourg-St-Léonard. The village was crucial for the final push to close the gap towards Chambois and it changed hands several times during the fighting. By 18 August, it was again under American control, and the 2/359th US Infantry fought its way to Chambois from the south. On 19 August elements of the Polish battle group reached Chambois from the northwest and met up with US troops at around 7pm. With the Allies holding positions at St-Lambert, the Mace and Chambois, all German escape routes had been closed.

But the Allies lacked enough infantry to totally seal off all escape routes. As General Maczek noted, it would be more accurate to describe the military engagement as "cutting through" rather than "cutting off" the German retreat. There are no statistics for the number of Germans that managed to flee during the battle of Falaise: the German claim is over 40,000, the Allied estimate is 20,000.

According to Maczek, the high number of escapees was due to tactical miscommunication at the highest levels of Allied command. In fact, the bulk of the 4th Canadian Armoured division had remained inactive during the critical phase of the battle. They did not join up with the Poles to close the escape routes west of the Mace, nor help to re-open Polish supply lines.

Between the 8 and 22 August the Polish Division lost 1,441 men, of whom 325 were killed, 1,002 wounded and 114 missing, presumed dead. This was about ten per cent of the division's total strength, but in frontline units the casualty rate stood at 20 per cent, and in some of the units the losses were as high as 30 per cent. Overall, the casualties were comparatively higher than those of the Polish II Corps fighting at Monte Cassino.

ENDGAME

Following a few days of rest after Falaise, the 1st Polish Armoured Division resumed their pursuit of the German Army. Covering almost 500km in a fortnight, the division took Abbeville and Saint-Omer, followed by the Belgian towns of Ypres and Ghent. It joined the British in taking Antwerp, and by mid-September the division stood before Breda, where Maczek launched a successful flanking manoeuvre - avoiding civilian casualties and preventing the historic capital from being destroyed. To this day, General Maczek and the 1st Polish Armoured Division are remembered throughout Europe, with memorials to them in Normandy, Breda, Tielt, Stadskanaal, Krakow, Gdansk, Warsaw and recently also in Edinburgh.

19-21 AUGUST

In 1944 Polish forces stood their ground against Nazi attacks to help cut off their escape routes

01 Vantage point

Identifying the value of high ground to provide a strong defensive position, Maczek directs the 1st Armoured Regiment towards Hill 262 on the Mont Ormel ridge north-east of Chambois. The Poles' arrival on 19 August cuts through the Germans' one remaining escape route.

02 German retreat

Nearly surrounded by Allied forces, the German 7th Army is in full retreat. Their one remaining escape route from Normandy leads through a narrow passage by Hill 262.

03 Hill 262

As waves of retreating German units crash against the Polish foothold, the German command realises their route out of Normandy is blocked. They unleash barrages of heavy artillery in an attempt to dislodge the Polish soldiers holding Hill 262.

04 German attack from the east

The 9th and 10th SS Panzer and the 21st Panzer Divisions launch assaults simultaneously from the east to help create an escape corridor for their retreating German comrades. The Polish position is now attacked from all sides.

05 Against the odds

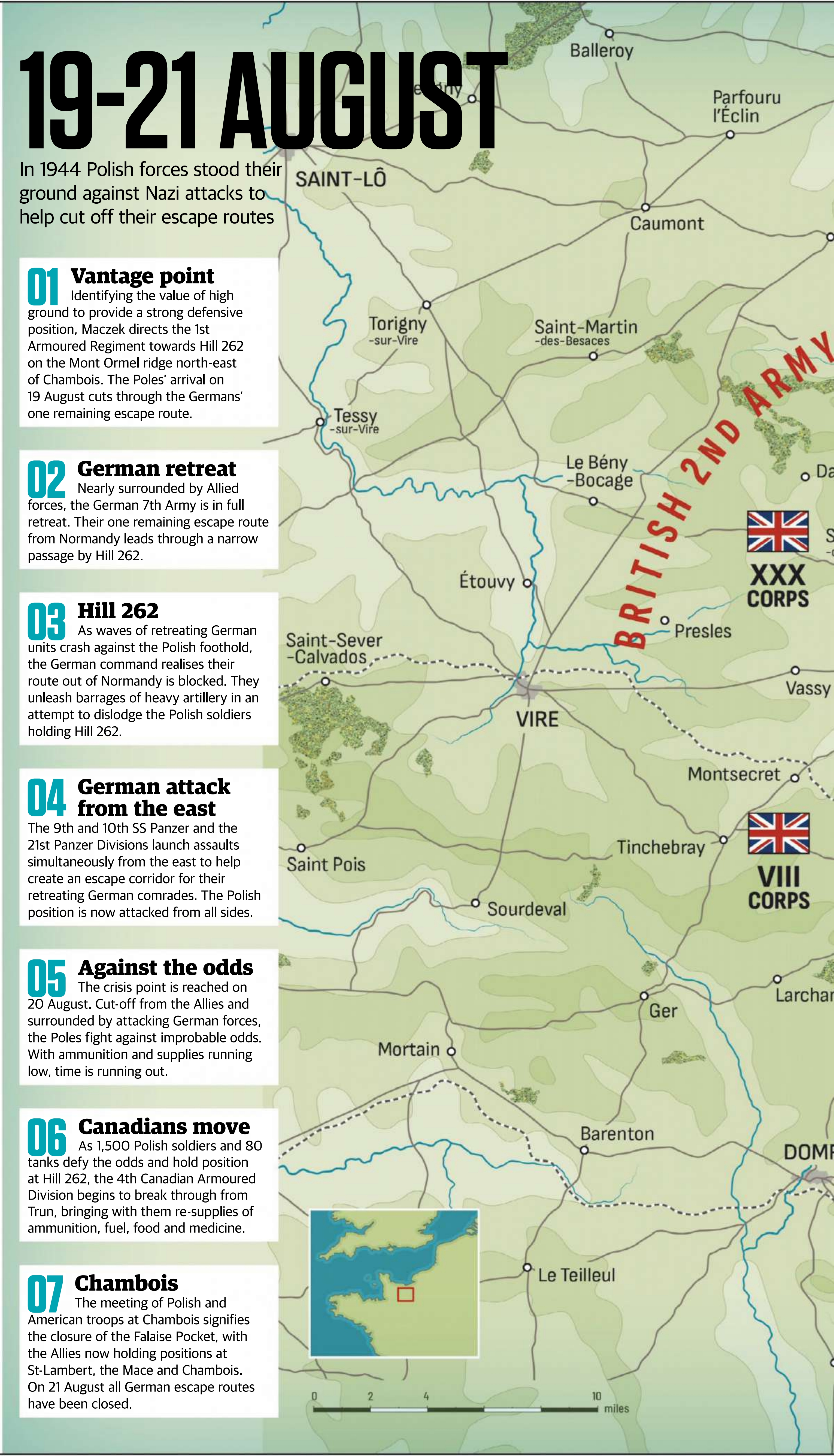
The crisis point is reached on 20 August. Cut-off from the Allies and surrounded by attacking German forces, the Poles fight against improbable odds. With ammunition and supplies running low, time is running out.

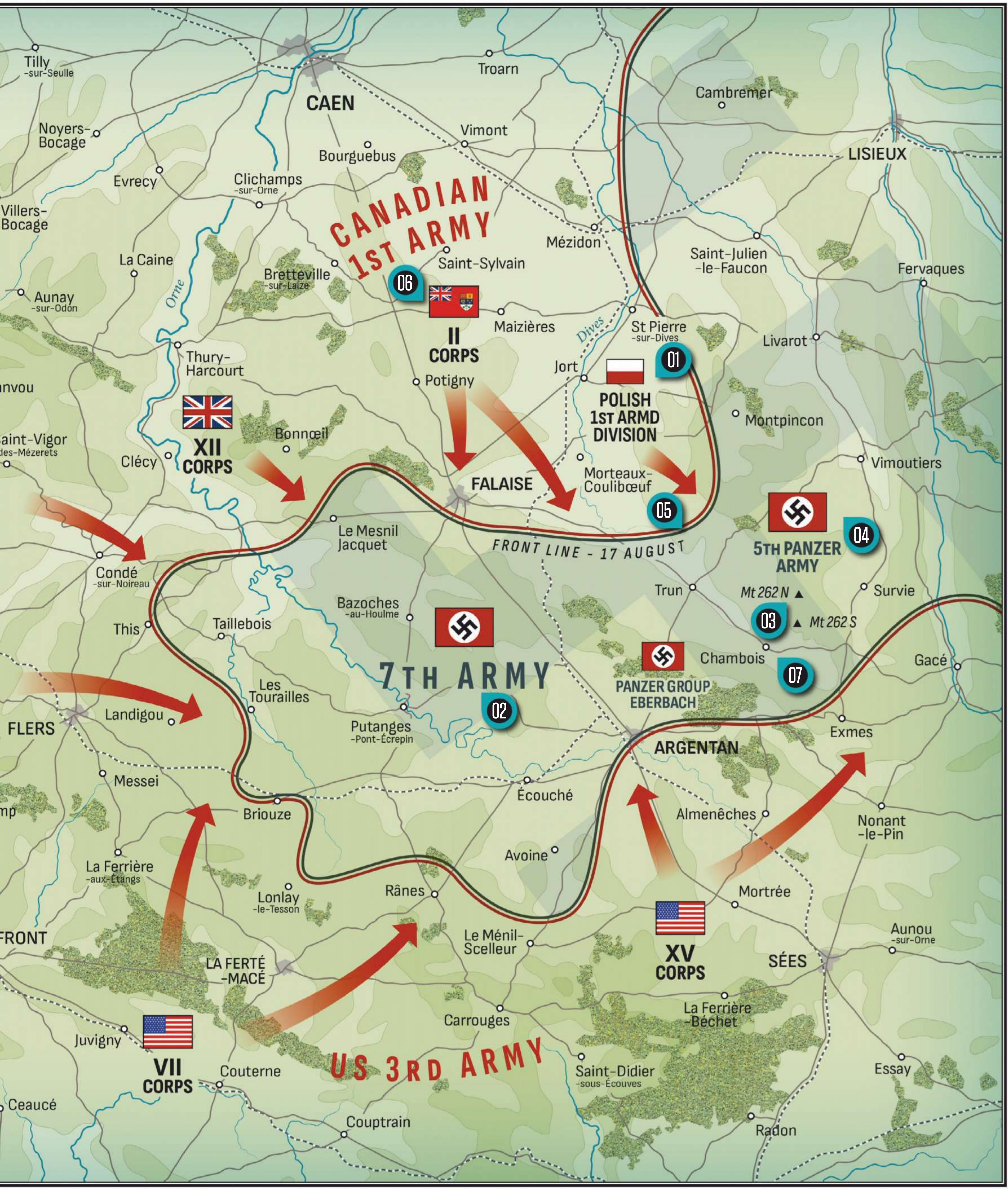
06 Canadians move

As 1,500 Polish soldiers and 80 tanks defy the odds and hold position at Hill 262, the 4th Canadian Armoured Division begins to break through from Trun, bringing with them re-supplies of ammunition, fuel, food and medicine.

07 Chambois

The meeting of Polish and American troops at Chambois signifies the closure of the Falaise Pocket, with the Allies now holding positions at St-Lambert, the Mace and Chambois. On 21 August all German escape routes have been closed.

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Villers-
Bocage
CANADIAN
1ST ARMY
Mézidon
Saint-Julien
-le-Faucon
La Caine
Saint-Sylvain
Fervaques
Bretteville
-sur-Laize
06
Aunay
-sur-Odon
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FRONT LINE - 17 AUGUST
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La Ferrière
-aux-Étangs
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Rânes
Lonlay
-le-Tesson
FRONT
Aunou
-sur-Orne
Le Ménil-
Scelleur
LA FERTÉ
-MACÉ
SÉES
XV
CORPS
La Ferrière
-Béchet
Carrouges
Juvigny
US 3RD ARMY
VII
CORPS
Couterne
Saint-Didier
-sous-Écouves
Essay
Ceaucé
Couptrain
Radon

Map: Battlefield Design

The 'What If' Newspaper

Canada | **Interview by Callum McKelvie** | **1930**

USA LAUNCHES INVASION OF CANADA

War Plan Red activated, thousands of American troops march on British imperial interests in North America and the Atlantic

EXCLUSIVE Interview With

GRAHAM M SIMONS

One of the founders of the aviation museum near Duxford, Graham M Simons has written books such as *Boeing 707 Group: A History* and *Howard Hughes And The Spruce Goose. The Secret US Plan To Overthrow The British Empire* discusses War Plan Red within a wider context of a US-initiated regime change.

What was War Plan Red?

War Plan Red was one of a myriad of plans and schemes that got developed by the US War Department in the late 1920s. There was War Plan Red, which was the destruction of the British Empire, but there were other colours that involved changing the regimes in Japan, Africa and many of the European countries. When carrying out my research, I found two copies of the actual documentation and followed it right away through from there. I think this accidentally got declassified, as I explain in my book. I stumbled across the entire War Plan Red thing primarily by accident.

Can you briefly outline the plan?

The basic concept of it was that America invaded the Caribbean and Canada. That would force a reaction from the British Empire that would bring out the Royal Navy, which the US Navy would be prepared to attack and destroy. If they destroyed the Royal Navy, that would

Image source: wiki/USA National Archives

War Plan Red would have seen US troops storming the Canadian border

WINSTON'S WARRIORS

After the resounding American victory over British forces in Canada and the Caribbean, a defiant Winston Churchill has started a training programme for an underground rebellion movement against the occupying US Army. Learning to survive on only three bottles of 'Champy' a day, the future seems bleak for the British Resistance.

Image source: wiki/Imperial War Museums

A photograph of the 1921 Washington Naval Conference

Image source: wiki/Library of Congress

British troops would have faced up to the world's most powerful military

Image source: wiki/Library of Congress

remove the British Empire's links and protection around the world. Don't forget in the 1930s we had commercial links down through the Horn of Africa and around the Cape. The British even had commercial roots out to the Far East and to Australia and New Zealand. If you destroy the Royal Navy it removes the protection to these areas.

That would severely reduce the influence of the British Empire and the countries of the Empire. America would then pick up that influence. It was an invasion of Canada, going north, but it was also the invasion of British territories in the Caribbean, purely to protect American access to the Panama Canal. It was also through Canada to protect the Pacific side, certainly the American northwest. The port of Vancouver in Canada had easy access to Alaska in the far north, and then down the northwest, even as far south as San Francisco in California. So there are two ways of looking at it: it was going north in one direction and south in the other to protect American interests in the Panama region.

How did the plan come about?
After World War I, the horrors of that conflict brought campaigns for peace, but at the same time there was a certain feeling that America should consider itself first. Within the American political military establishment was a growing body of opinion championed by imperialists who thought that the USA could and should be the world's only superpower. Coupled with this were the anti-British emotions stirred up by the jailing of Eamon de Valera, an American by birth who was arrested for his part in the 1916 Easter Rising. Throughout the 1920s, there were rearmament conferences in which the US imperialists metaphorically fought with the isolationists for control over hearts, minds and the military industrial complex. It became clear as the decade wore on that the imperialists were not going to gain a clear victory. So other more direct means would be needed. The first is what was called War Plan Red, this scheme for the USA to invade Canada and the Caribbean, and then destroy the Royal Navy, which in turn would destroy the British Empire. The second is a group of files called SPOBS, from the special observers group, based in and operating out of the American Embassy in London. This group in turn developed into the USAFBI which stood for United States of America Forces in the British Isles. With the eventual coming of American troops to the UK this was to become the European theatre of operation. So that sets the scene for basically what War Plan Red was, but also how it was linked to the later operations with huge amounts of spying activities operating out of the American Embassy in London. For example, they had well over 200 SPOBS members operating under the auspices of Ambassador Joseph Patrick Kennedy Senior in 1939.

Was the plan ever close to being initiated by America?
In terms of somebody pressing the button, 'We're gonna start War Plan Red', no, it never came close to that. From the documentation I've got you can see it was a continual process of revision with dated plans put forward annually. But it was all at a relatively low temperature. It was a cold war, ready for activation, but it never even got warm. And as the 1930s progressed, it became clear to the isolationists within the USA and the hawks within the War Department that there was little need for the Americans to force a regime change within the UK. 'We'll just let Hitler do it!' - that's how the impetus on War Plan Red slowly diminished. With the advent of the Nazis and Hitler in the mid 1930s there was no need for the Americans to risk financial involvement or American lives, whether we're talking invasion by sea using the navy, or an invasion on the ground using the army. They thought, 'We'll just let Hitler do it because Hitler's gonna knock the bridge'.

Did Britain have a similar plan?
I've looked as far as I can through our national archives, and I've looked through things like the *Hansard* parliamentary records, and I can't find anything.

> **"If America destroyed the Royal Navy, the British Empire would be defenceless"**

An American tank on parade in Washington D.C.

Image source: wiki/Library of Congress

President Hoover and American delegates at the London Naval Conference in 1930

Image source: wiki/Library of Congress

There doesn't appear to be anything comparable. The only thing that is remotely comparable are things like Churchill talking about strengthening the RAF, Army and Royal Navy, not necessarily to bring about regime change, but just to keep the British Empire going. But I haven't found anything in any way, shape or form of an equivalent for the British to get rid of other regimes.

If War Plan Red had gone ahead and war broken out with the British, what could have happened?

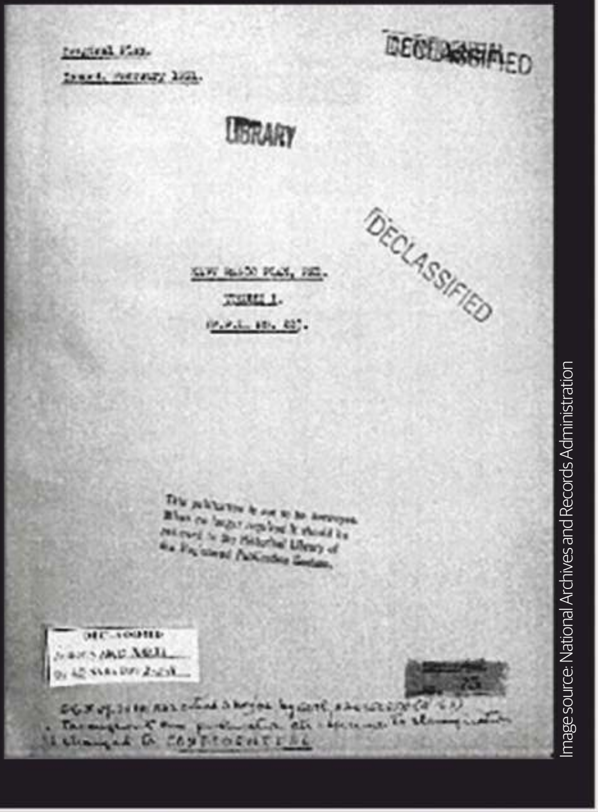
In my personal opinion, and I should stress this is only my view and not that of my publisher or editor, there are a few things that could have happened. There is a possibility that it could have succeeded but I don't think in terms of pure military strength the US at that time had the physical or financial means to do such a thing. When the American depression hit in 1929, they wouldn't have had the finance to do it. If you want to go 'what if?' to the extreme, it might well have been possible that America could have invaded the little islands in the Caribbean, which were part of the British Empire. What would have happened to Cuba? In the 1950s, Cuba and its dictator Batista were a good example of how the US had become financially involved in that sphere. If War Plan Red had ever happened, would Fidel Castro have evolved like he did with Russian influence? If Castro hadn't been in Cuba what about people like Che Guevara? That in turn affects what would have happened in South America. Don't forget that in the late 1940s and right throughout the 1950s and 1960s there was an awful lot of Soviet influence in South America. If America had invaded Canada? Well, that would have allowed America to link up with Alaska. Would the Canadians have gone along with it? I don't know but there was a lot of anti-British feeling among the French Canadians on the eastern seaboard.

How might 20th century history have changed if War Plan Red had gone ahead?

We would almost certainly have had a different global aspect, but I don't think it would have stopped World War II. I don't think it would have stopped Hitler, and I don't think it would have stopped the Japanese. It just means that the red on the map would have gone a different colour or the red on the globe would have gone a different colour. But I still think there would have been all of the proxy wars in South America and Africa. It would have probably brought forth Stalin and the Soviets a bit sooner than they actually did.

ALL THE COLOURS OF THE RAINBOW

War Plan Red was one of a number of colour-coded plans created by the United States during the 1920s and 1930s. The plan that received the most attention was War Plan Orange, which focussed on a war with Japan alone. War Plan Black dealt with a potential war with Germany and had several versions, one of which dealt with the possibility that France had been defeated at the end of World War I. The plan suggested possible ways to stop a German attempt to seize French territories in the Caribbean and stop an attack on the USA's eastern seaboard. There were also a number of multilateral plans that dealt with alliances (for example Red-Orange, which discussed the Anglo-Japanese alliance before its collapse in 1923). Following the start of conflict in Europe, the possibility of war on multiple fronts against a coalition of enemies led to the creation of the Rainbow plans, which combined and built upon the previous versions. When the United States entered WWII, some of War Plan Orange was used in its strategy against the Japanese.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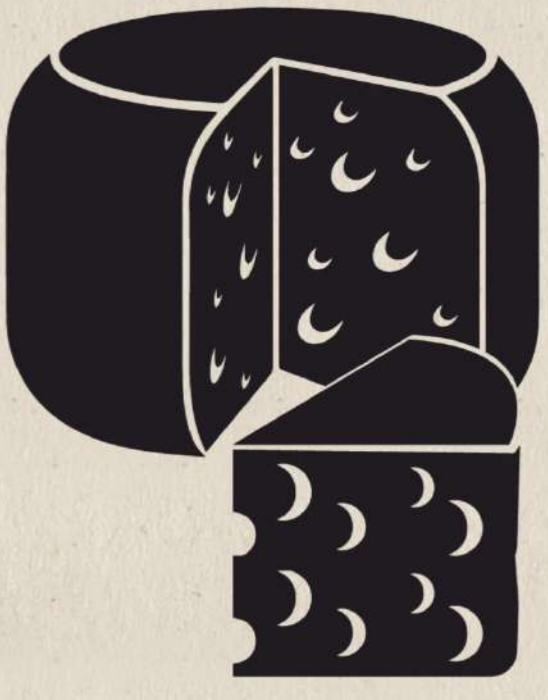
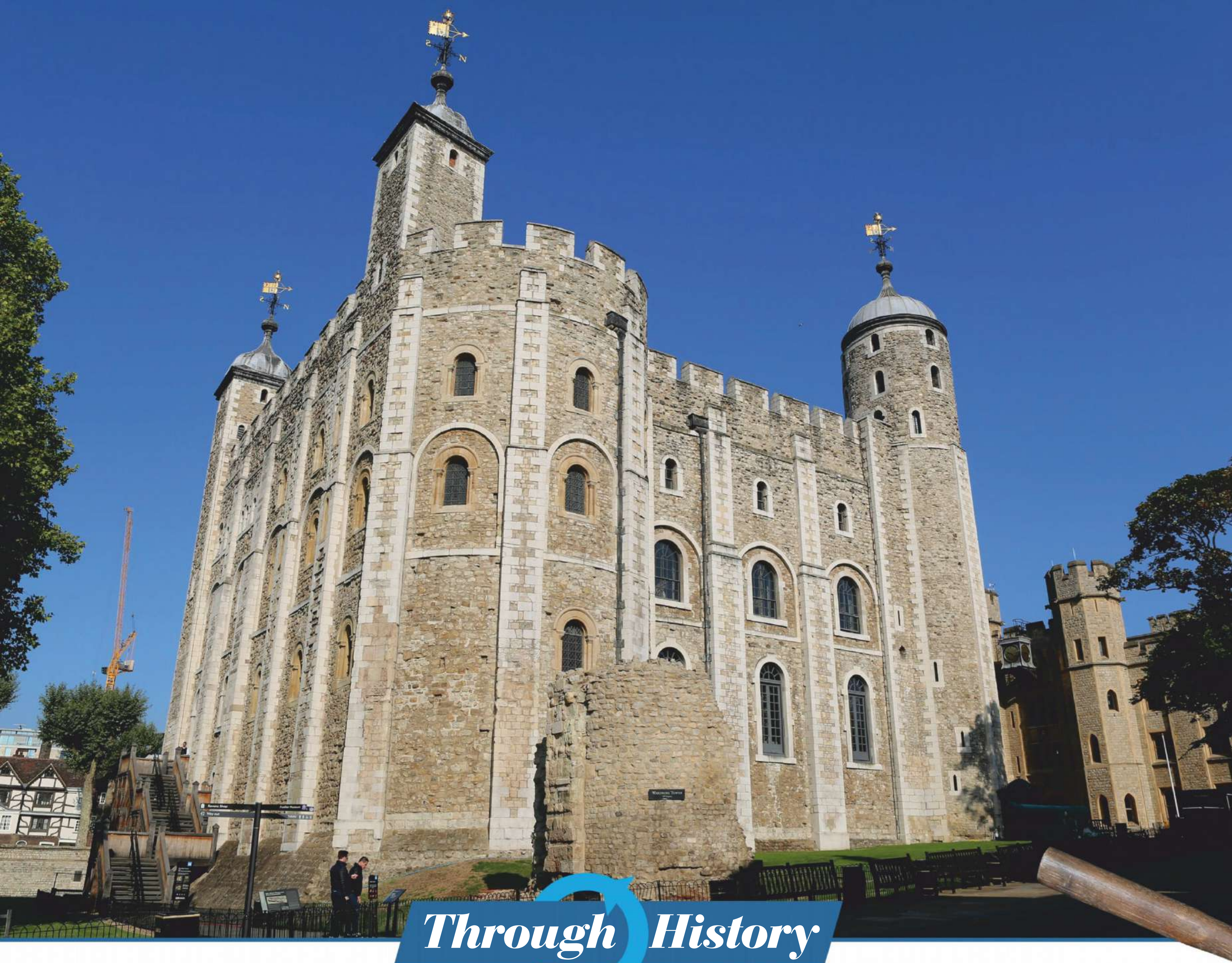
Declassified documents reveal the USA's secret military plans

Image source: National Archives and Records Administration

CHEESED OFF!



American troops guarding British POWs have reported that the prisoners are furious with their cheese rations. USA officials stated that the cheese arrived fine, with the tubes still sealed. But one British prisoner remarked: "Give me some Double Gloucester over this processed Yank rubbish any day!"



Through History

TORTURE AT THE TOWER

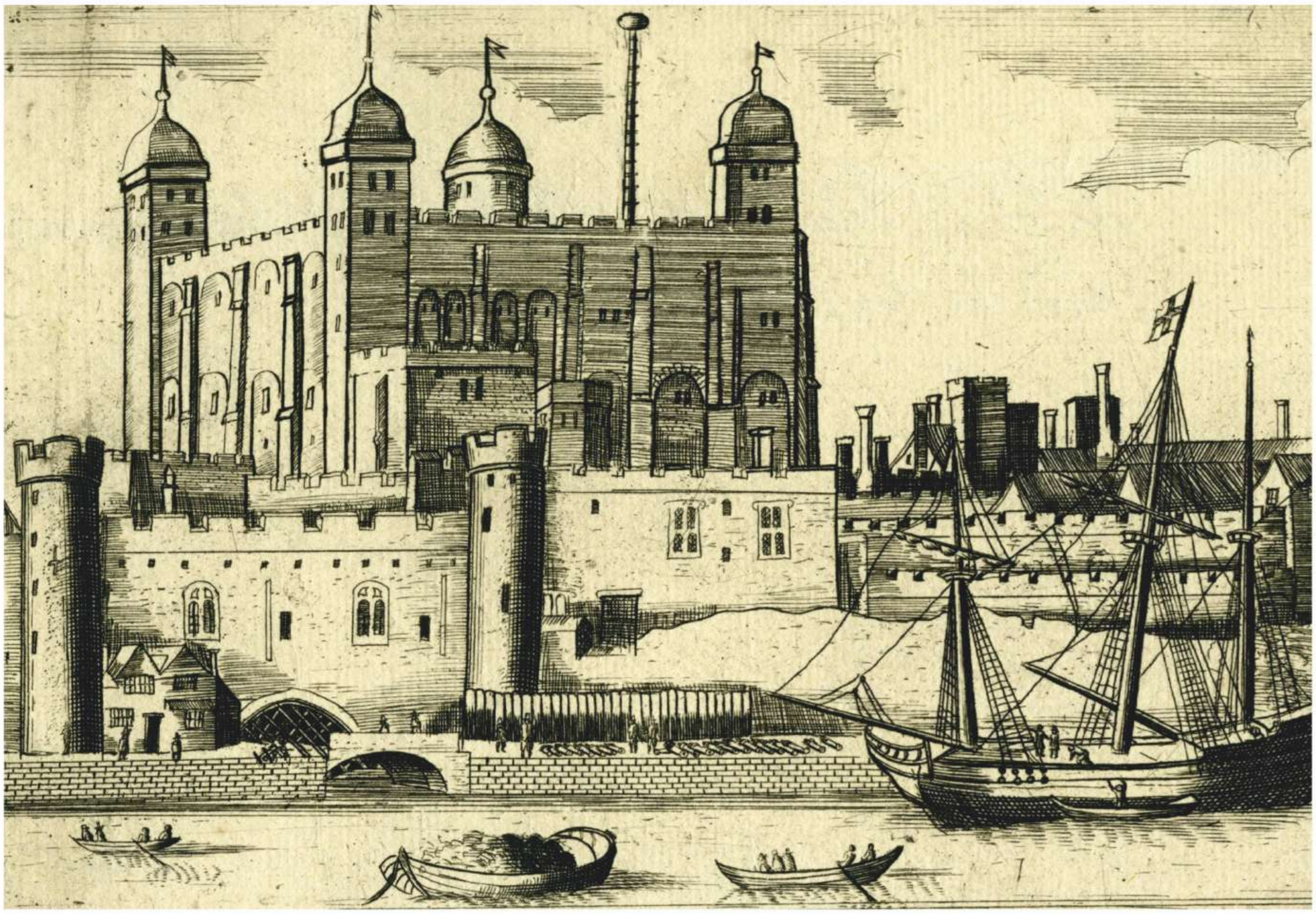
A new book *Torture And Punishment At The Tower Of London* delves into its dark history

All images source: Royal Armouries

The Tower of London casts a sinister shadow over the history of the great city. Fortifications on the site were begun in 1066 on the orders of William The Conqueror, with construction on its iconic White Tower starting around 1078 using limestone from Caen in Normandy. First used as a royal palace, it soon became both a prison, torture chamber and place of execution. Nowadays it's a popular tourist attraction, holding within its walls the famous Crown jewels. The phrase 'take them to the Tower' continues to be uttered to this day, and the Tower of London's guides delight in telling tourists gruesome tales of what happened behind its imposing walls.

In the 16th and 17th centuries its famous prisoners included Sir Walter Raleigh, Anne Boylen and Guy Fawkes, and while executions were more commonly held on Tower Hill (before World War I only seven people were executed inside), an array of gruesome tortures and horrifying punishments were inflicted upon the many unfortunates who were imprisoned there.

Torture And Punishment At The Tower Of London from Royal Armouries Museum takes a detailed look into the Tower's often bloody history and examines the tortures and executions that took place from the Middle Ages to World War II. Accompanied by grizzly illustrations and photographs of terrifying torture instruments, the book's sure to satisfy even the most ghoulish of appetites.



THE TOWER

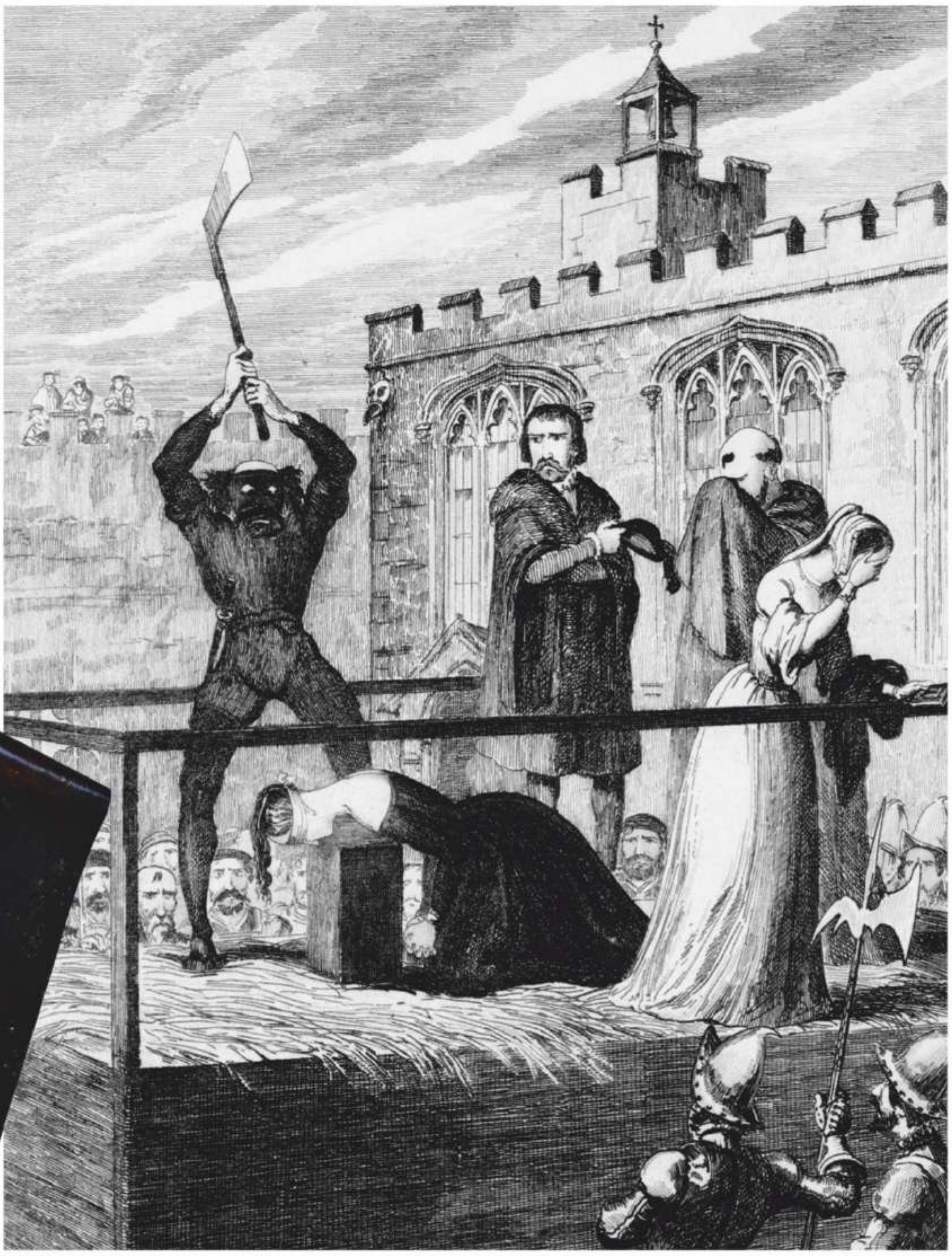
The central keep, also known as the White Tower, was begun in 1078. Initially it served as a grand palace but soon it had another purpose. In 1100 Ranulf Flambard became its first prisoner, and its dark history began.

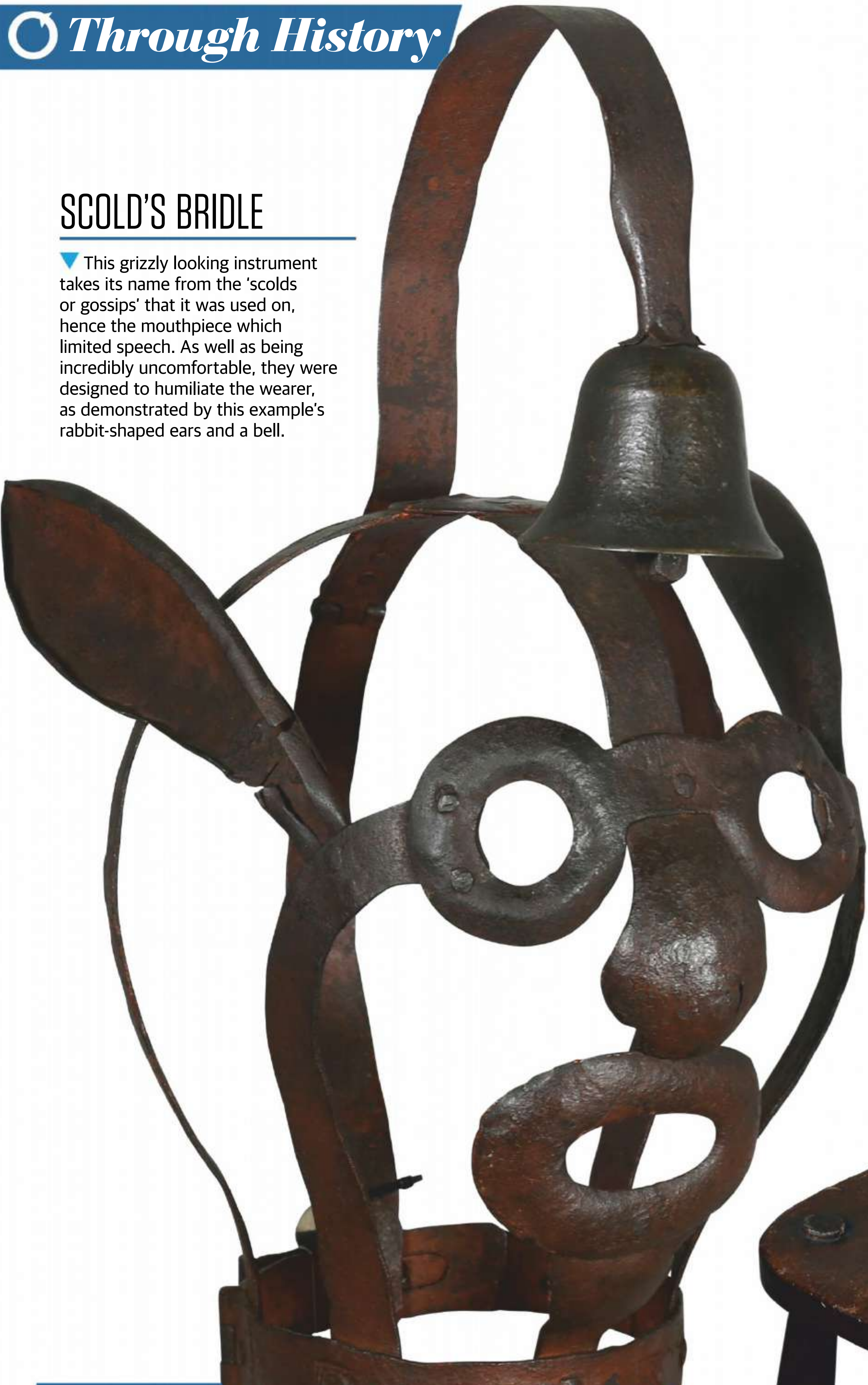
BLOCK AND AXE

This block and axe were used for numerous executions, including that of Jacobite sympathiser Lord Lovat in 1747, the last person in Britain to be executed by beheading. The axe itself could date back to Tudor times.

THE EXECUTION OF LADY JANE GREY

Queen for nine days, Lady Jane Grey was usurped by Mary Tudor. Imprisoned in the Tower for high treason, her death sentence was initially suspended, but her father's participation in the Wyatt rebellion in 1554 sealed her fate.





SCOLD'S BRIDLE

This grizzly looking instrument takes its name from the 'scolds or gossips' that it was used on, hence the mouthpiece which limited speech. As well as being incredibly uncomfortable, they were designed to humiliate the wearer, as demonstrated by this example's rabbit-shaped ears and a bell.

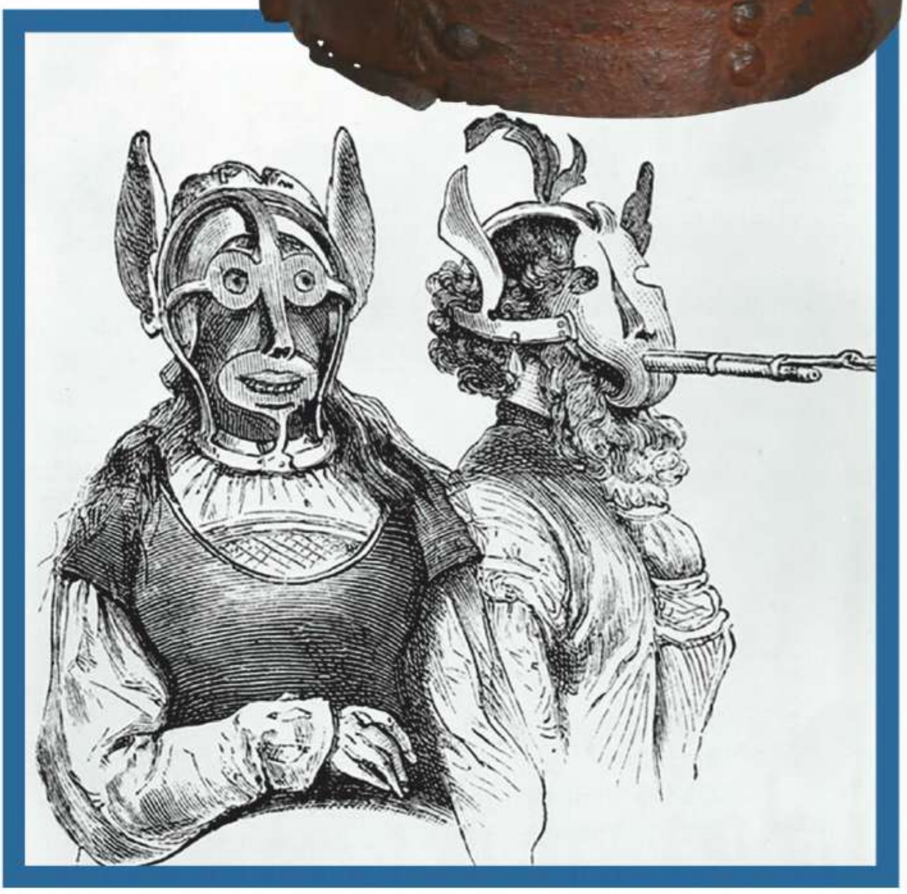
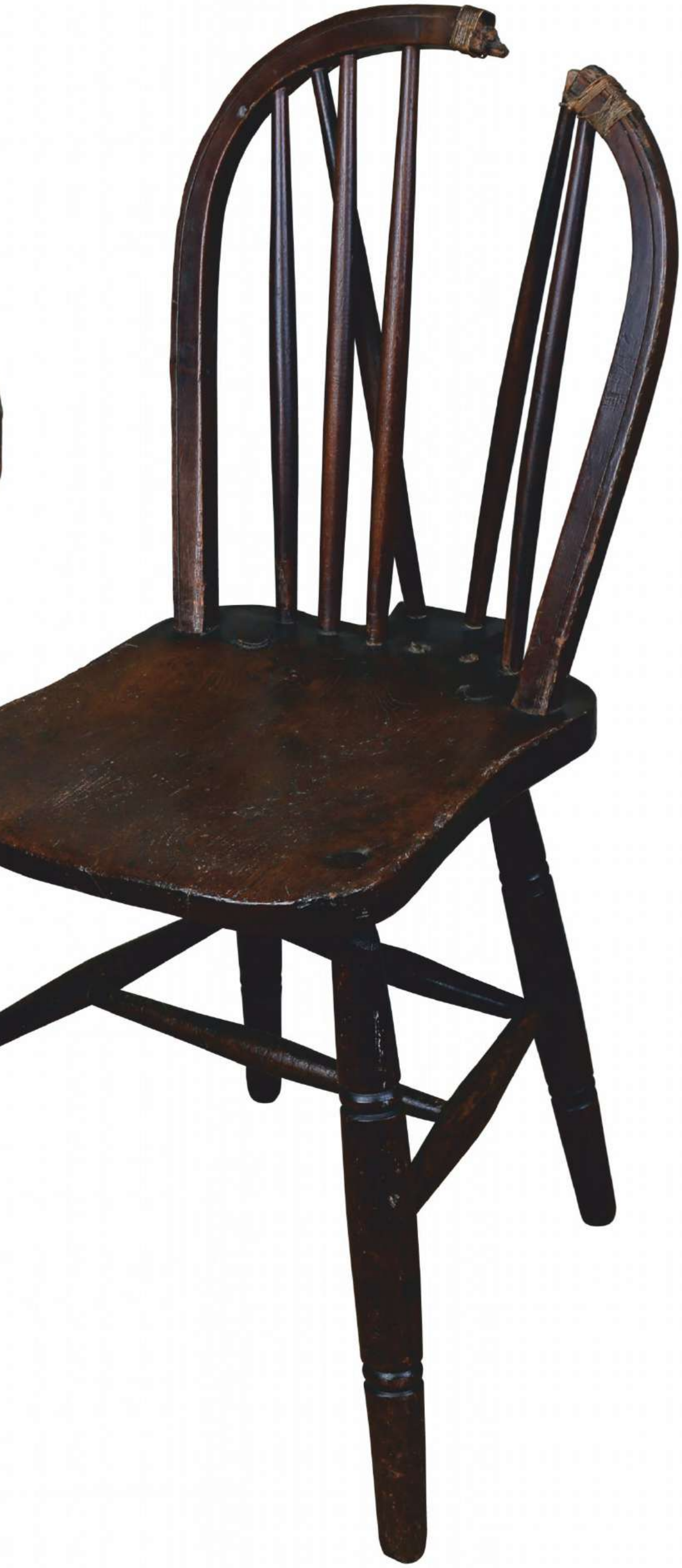


Image source: wiki/akg-images

THE LAST EXECUTION

The final execution at the Tower took place during World War II. Josef Jakobs was a Nazi spy who parachuted into Britain in 1941, breaking his leg upon landing. He was captured, sentenced to death, and shot by a firing squad at the Tower. The chair he sat on, which broke during the execution, still survives.



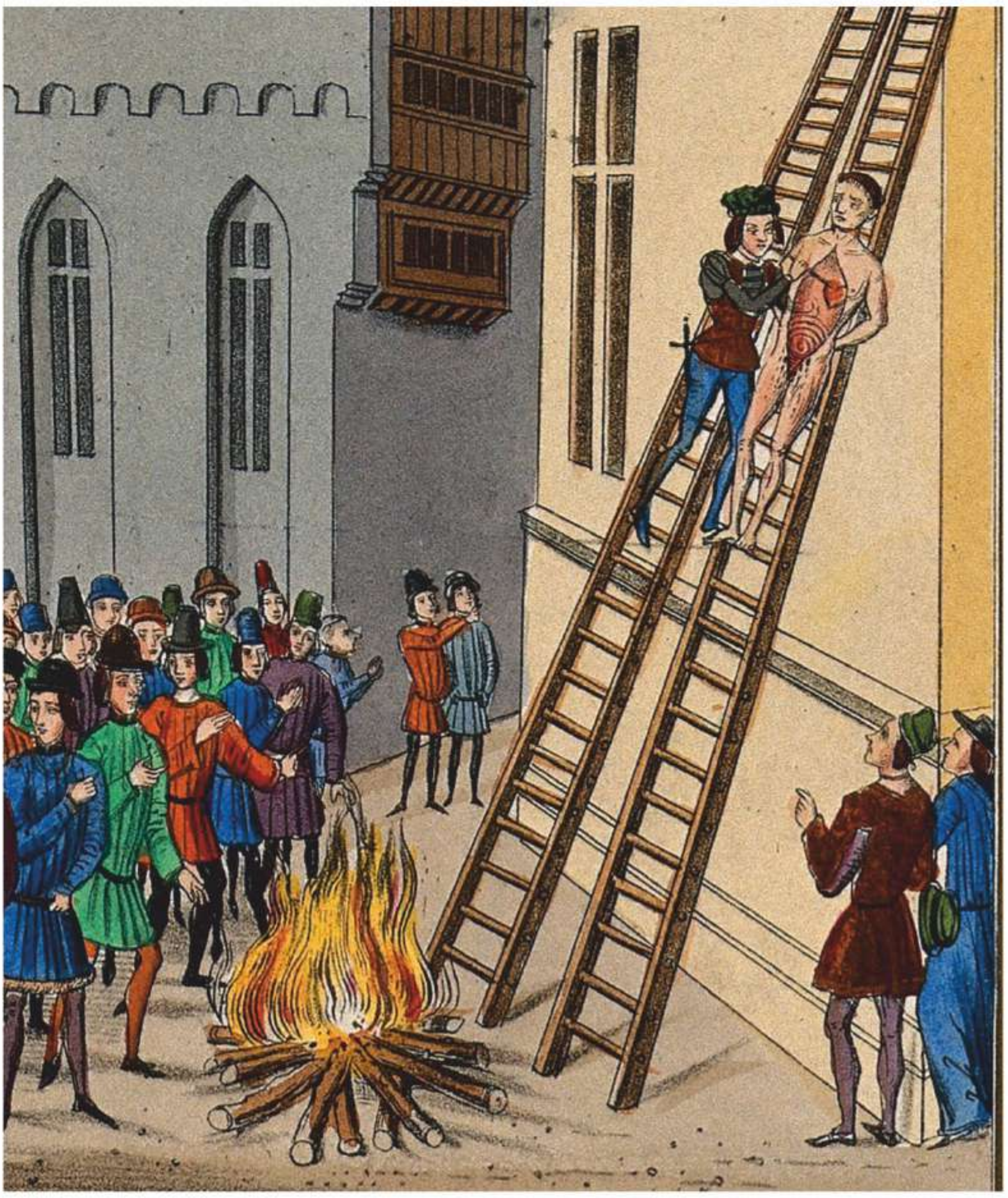
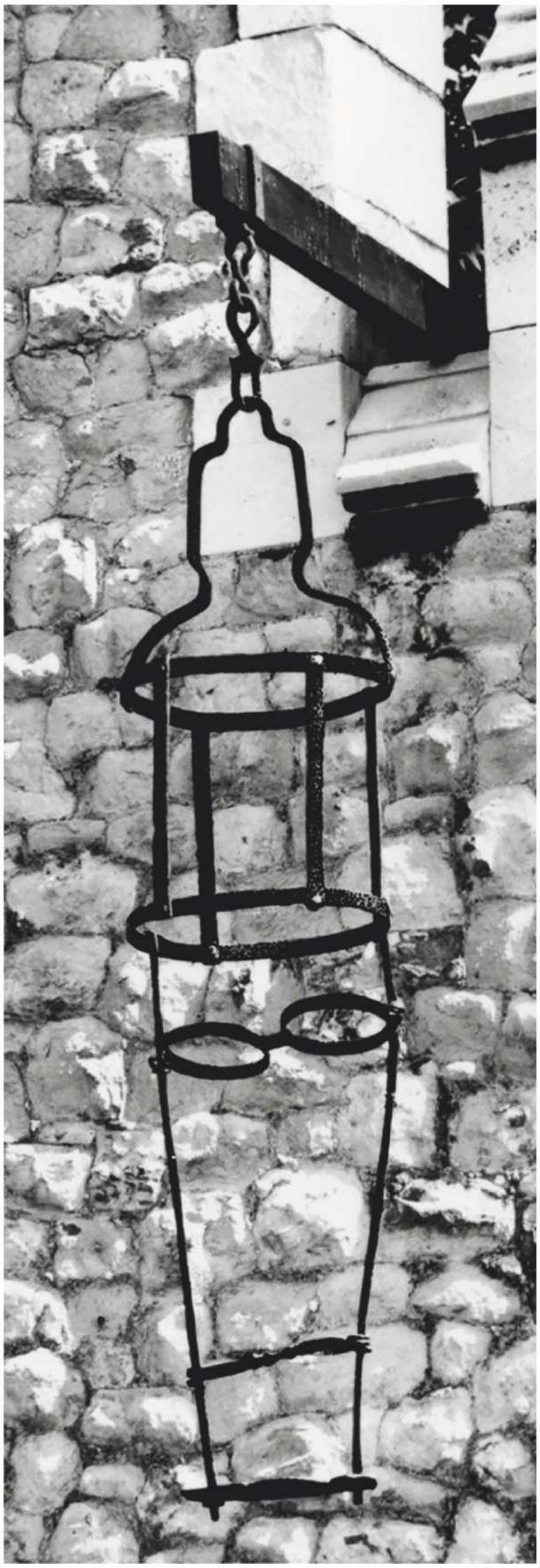


Image source: Wellcome Collection

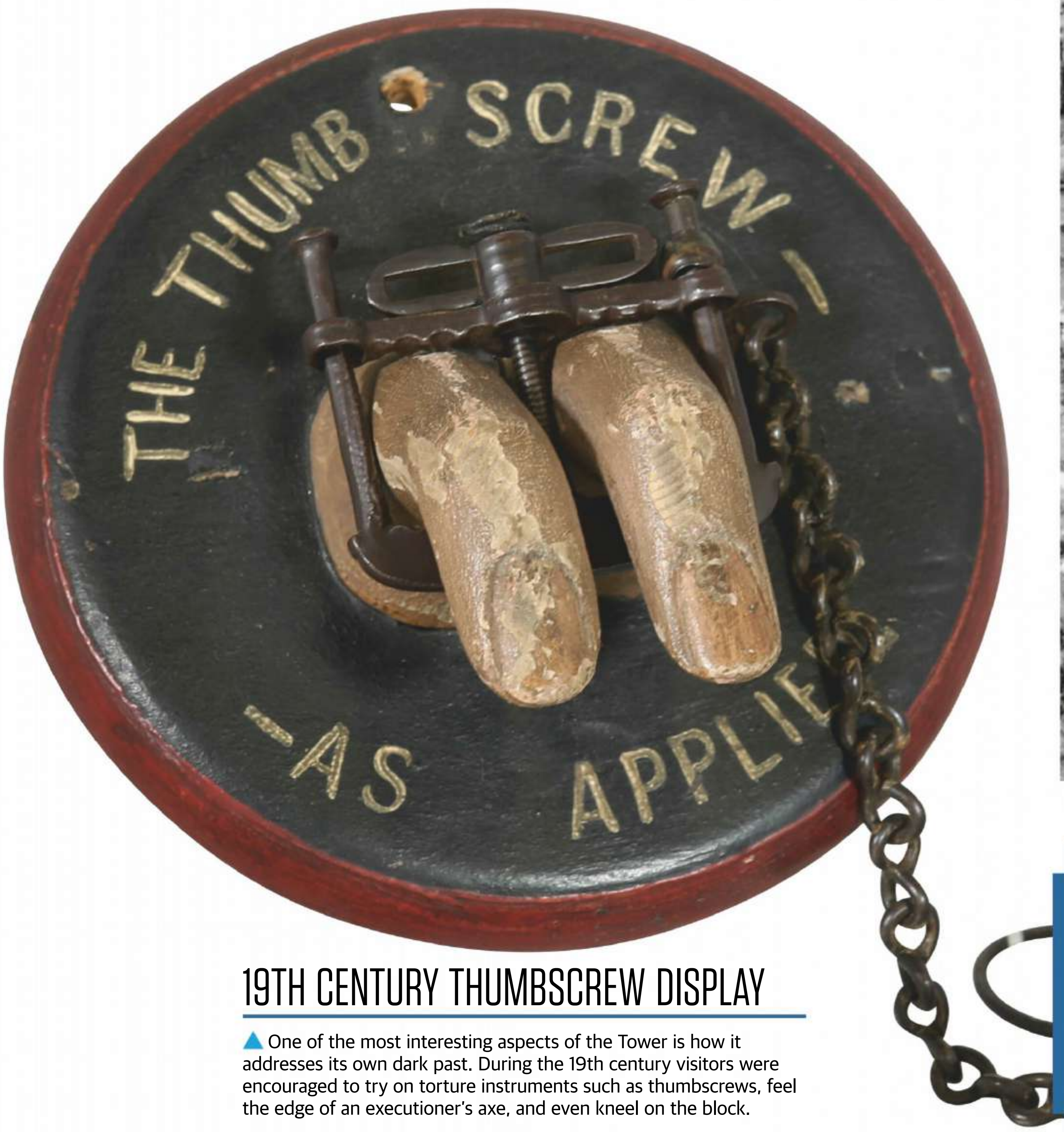
EXECUTION OF HUGH DESPENSER THE YOUNGER

◀ One particularly gruesome execution took place in 1326. Hugh Despenser, a favourite of Edward II, was hanged, drawn and quartered – after his genitals were cut off and burnt in a fire as he was forced to watch.



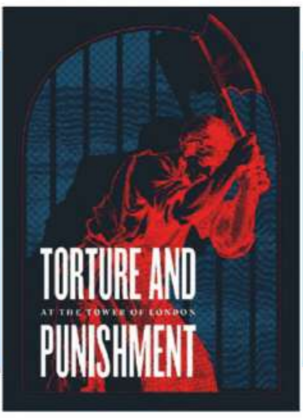
GIBBET

▶ A gibbet on display at the Tower. The corpse of an executed criminal would have been placed inside it and put on display to deter other criminals, with the body smeared in pitch to slow decomposition. Gibbets were also hung at conspicuous spots such as hilltops and roadsides.



19TH CENTURY THUMBSCREW DISPLAY

▲ One of the most interesting aspects of the Tower is how it addresses its own dark past. During the 19th century visitors were encouraged to try on torture instruments such as thumbscrews, feel the edge of an executioner's axe, and even kneel on the block.



Torture And Punishment At The Tower of London is available now from Royal Armouries

REVIEWS

The books, TV shows and films causing a stir in the history world this month

Image source: Courtesy of Netflix

HOLLYWOOD

A bittersweet but uplifting fairy tale exploring an alternative history of Tinseltown

Cert 15 **Creators** Ryan Murphy, Ian Brennan **Cast** David Corenswet, Patti LuPone **Distributor:** Netflix **Released:** Out now

As history lovers, we tend to put factual accuracy above all else. As such, tales of 'alternate' history may not initially appeal as opposed to an authentic, though dramatised, retelling of actuality. Yet Netflix's *Hollywood* proves that sometimes showing what could have been serves to reveal more about what was.

Making his name as the creator of *Glee*, Ryan Murphy has had hit after hit with shows such as *Pose*, *The Politician* and *American Horror Story*. His latest series takes place in post-war Hollywood and tells of a group of newcomers to the town, each with a dream to make it big. A complex mix of fictional characters with real historical figures such as Anna May Wong, the show highlights the hypocrisy and prejudice of the 'Golden Age' of Hollywood. The first few episodes take inspiration from the life of Scotty Bowers and in particular his memoir *Full Service*. As such, things get pretty explicit, and while some viewers may shrink from *Hollywood*'s warts-and-all representation, these first few hours depict fully the exploitation of individuals that has been a sad recurring factor in the movie industry.

That said, they're not without moments of humour and the show is incredibly funny. David Corenswet as newcomer Jack Castello particularly shines here, while other cast members such as Jeremy Pope, Dylan McDermott and Patti LuPone give memorable turns. Picking out a few names is hard, however, when every single individual involved is on top form. Also of note is the look of the show, which oozes glamour and 'old Hollywood' style. A particularly bright colour palette helps suggest a fairy tale, lending a 'technicolour dream' feel.

As the story moves on and fully develops into a 'what if?' scenario, this fairy tale quality begins to seep into the narrative. The series becomes a story of individuals who overcome not only the discrimination rampant in Hollywood but possibly in America. It highlights the power of cinema and the possibility of how things could have been had Hollywood been prepared to take chances to change the world and not just reflect it.

In light of this the inclusion of Rock Hudson (Jake Picking) as a lead in a story that involves mostly fictional characters begins to make sense. Paired with Jim Parsons as real-life manager Henry Willson, whose habit of exploiting his clients for sexual favours is shown in several key scenes, it's one of the most bittersweet narratives in the series. Bittersweet because while history shows us it all ended so differently, *Hollywood* shows us what could've happened if things had gone better. If, like in their movies, the stars had happy endings too.

For groups and individuals who were mistreated during this period, Murphy's and Netflix's collaboration serves to give them a 'Hollywood ending'. Equally hilarious, uplifting and tragic the show, by presenting an idealistic alternative world, tells us more about the prejudices of the past by depicting what could have been. The result is brazen and brave. Likely to garner some controversy, it's a feel-good and powerful series that demands your attention. ***CM***

★★★★★

Book Film TV Podcast Games Other

Reviews by
Callum McKelvie, David Smith, Jessica Leggett, Jonathan Gordon

BIRDS IN THE ANCIENT WORLD: WINGED WORDS

A vivid exploration of the cultural history of birds

Author Jeremy Mynott **Publisher** Oxford University Press
Price £16.99 **Released** Out now

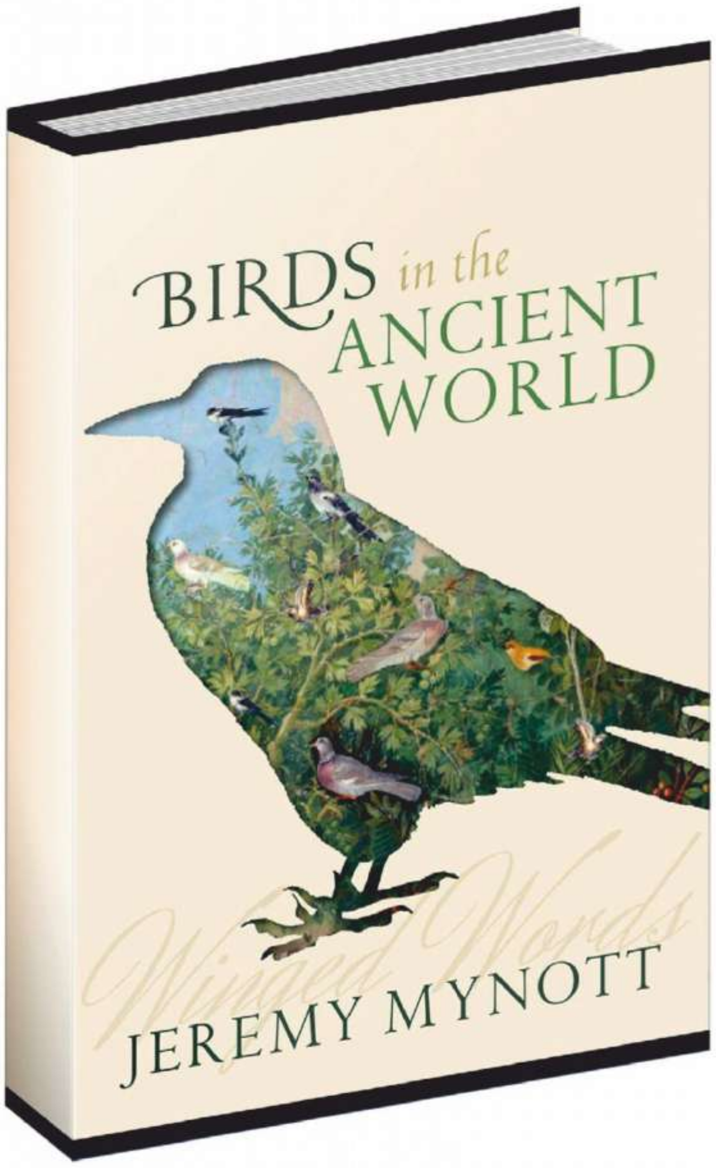
Shortlisted for the Wolfson History Prize last year, *Birds In The Ancient World: Winged Words* is the latest book by ornithologist and classicist Jeremy Mynott, who provides a fascinating exploration of the relationship between humankind and birds in Ancient Greece and Rome.

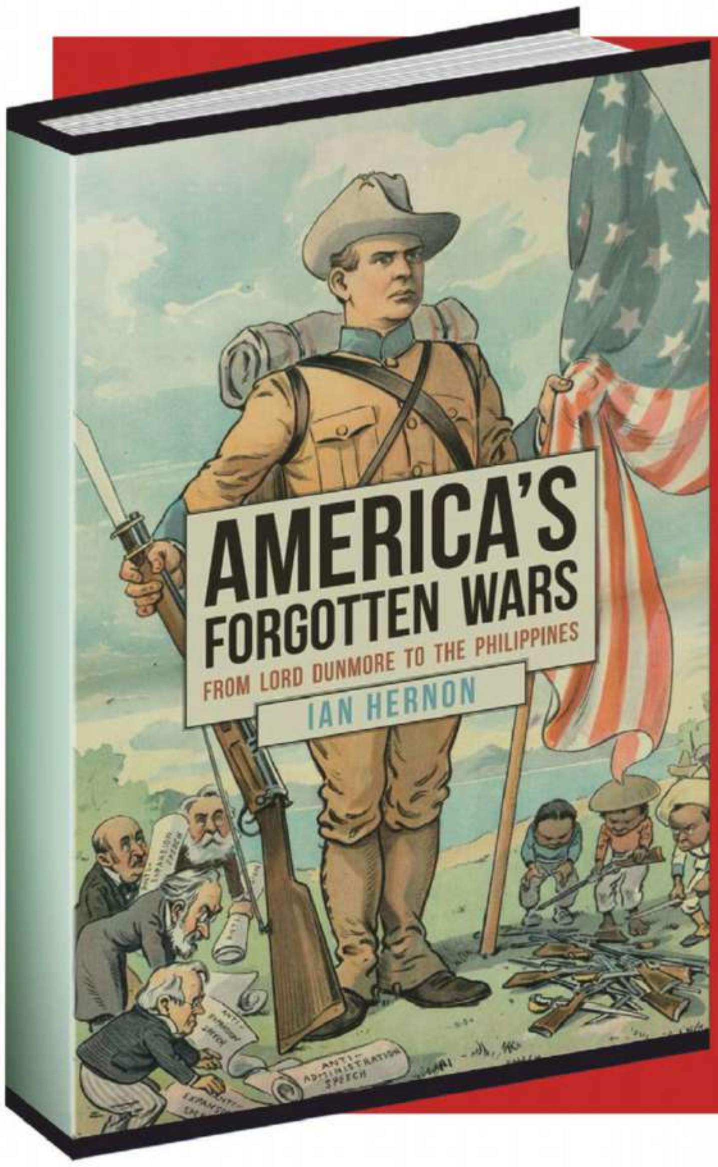
The book is structured thematically and examines the role of birds in a variety of areas including medicine, hunting, farming, entertainment, magic and as messengers for the gods, as well as how they were used by humans to interpret the natural world. Interestingly, Mynott also analyses how birds were perceived through the eyes of around 120 authors of the ancient world, such as Homer, Cicero and Plutarch, using quotes that he translated himself for the book. For readers who may not know anything about these authors, Mynott even includes short biographies for each one at the end, which is extremely helpful.

With an extensive bibliography, it is evident that Mynott has conducted a lot of thorough research and his book is absolutely brimming with detail, although it may be a bit too scholarly for general readers. Nevertheless, his writing style is clear and engaging, plus the fact that his passion for this subject is obvious, something that always makes reading more enjoyable.

It is worth mentioning that the book is also filled with nearly 100 colourful illustrations from ancient pottery, mosaics and wall-paintings, which break up the heavy text nicely. For anyone with a fascination for the ancient world or birds, this is definitely worth a read. ***JL***

★★★★☆





AMERICA'S FORGOTTEN WARS

A solid, highly detailed recounting of lost histories

Author Ian Hernon **Publisher** Amberley Publishing
Price £20 **Released** Out now

Ian Hernon has already visited the subject of overlooked conflicts in his well-received *Britain's Forgotten Wars*. It's an enticing theme, and the chapter titles in this volume promise an enlightening and entertaining read.

Many of the wars covered are blessed with delightfully eccentric names – Little Turtle's War, the Whiskey Rebellion and the Pork and Beans War – but not all have an equal claim to having been forgotten. The Spanish-American War of 1898 doesn't seem to fit at all in that regard.

Hernon's research is thorough, he has a wealth of detail at his fingertips, and he is able to skilfully weave in eye-witness testimony to lift the narrative and add authenticity. His account of these conflicts betrays no bias, each side of the argument is presented fairly and without any obvious agenda. As is often the case with such small-scale, messy conflicts, however, the actual fighting can make up a tiny percentage of the story, so those looking for rollicking battle narratives may be disappointed.

Hernon's writing can sometimes feel a little stiff and it sometimes appears he actually has too much information to impart. There is also a tendency to concentrate too much background to the origins and aftermath of each war (especially true of the first chapter, dealing with Lord Dunmore's War of 1774).

Nevertheless, this is an enjoyable book, which fills in some of the gaps between America's more famous conflicts very nicely indeed, and the whole thing is enlivened by a dramatic selection of images. ***DS***

★★★★☆

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Price: £12.99

HISTORY OF WAR RECOMMENDS...

THE
NIMROD
MARTYN CHO
Out now!

The Nimrod

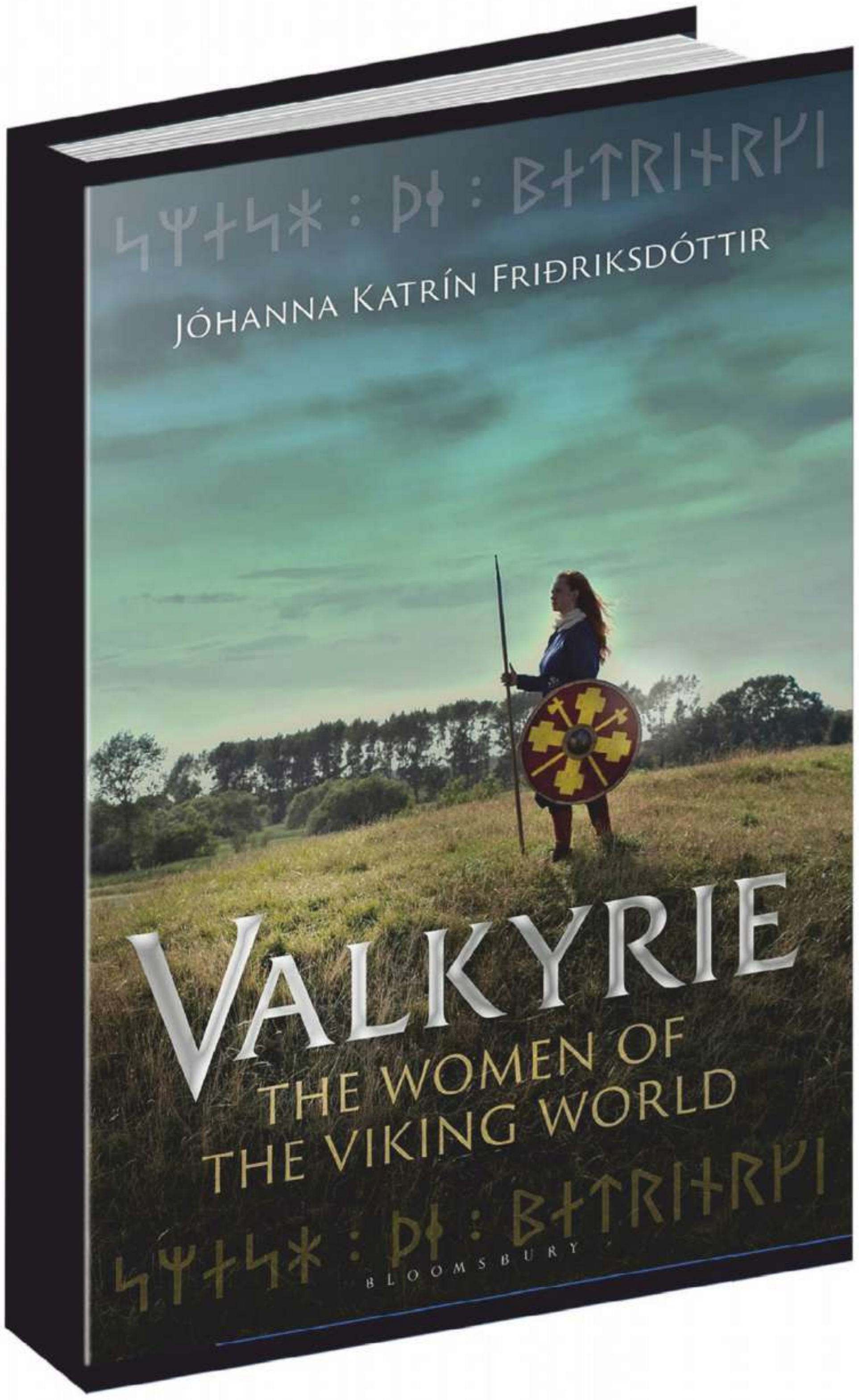
Author Martyn Chorlton **Price** £14.99 **Publisher** Amberley

The Nimrod was one of the Royal Air Force's greatest and most iconic maritime patrol aircraft, in service for over 40 years. It entered service in 1969 and was only supposed to be an interim solution. Instead, it went on to serve in four variants on operations over home waters and in war zones around the world well into the following century. Though small, this book is packed with information as well as over 140 black and white, and colour, photographs and drawings.

VALKYRIE: THE WOMEN OF THE VIKING WORLD

Bringing Norse women to the forefront of the Viking world

Author Jóhanna Katrín Friðriksdóttir **Publisher** Bloomsbury **Price** £20 **Released** Out now



> "Valkyrie are the very definition of liberty and freedom"

This deep dive into the lives of the women of the Viking era is a fascinating one, combining as it does both the realities and mythology of the time to reveal the complexity and sophistication of the culture. Jóhanna Katrín Friðriksdóttir's investigation merges these two worlds brilliantly, helping to elevate the everyday while also grounding the fantastic to give each the meaning that they deserve.

Friðriksdóttir starts with the myths of the Valkyrie and the interesting way in which they were used and depicted depending on the author of the tale. The role of female figures as arbiters of life and death, standing both alongside and yet separate from the gods, is intriguing. As we learn through the book, it speaks to the important role women played as the backbone of Norse culture, keeping the villages and farms running while men (for the most part, but not exclusively) ventured abroad. And yet the Valkyrie are the very definition of liberty and freedom away from male control and the curtailing of that freedom is a recurring theme in the mythology, again speaking to the societal norms that the authors desired to be enforced.

The book goes on to investigate the lives of women through each stage of their lives from childhood and adolescence through to motherhood, widowhood and old age. The standing of these women evolves in fascinating ways, going from virtually no self-determination whatsoever as a child and young woman (often being forced into arranged marriages by their parents) into gradually increasing degrees of control as they established their own households.

Friðriksdóttir refers back often to the core texts, the sagas that inform so much of our understanding of the Viking world. From these she finds fascinating and sometimes even quite shocking examples of women, from powerless maidens to all powerful matriarchs, and contrasts them brilliantly with modern sentiments, helping to contextualise the thoroughly unromantic world of the Vikings.

Ultimately what we get from Friðriksdóttir's exploration of the sagas for examples of the roles and bearing of women of the age is a deeper and more nuanced understanding of what remains a deeply patriarchal culture. The Vikings as we know them don't necessarily change much in the reading, but they become deeper and more complex. For every steadfast rule there is an exception that disproves it or at the very least bends it significantly.

As we began by saying in this review, *Valkyrie: The Women Of The Viking World* is a book that manages to blend the grounded realities and the fantastic stories. By being about Viking women it is necessarily a book that concentrates on domestic life over adventures on the high seas, but the way the two feed into one another is also shown and dissected brilliantly. If you're looking for a deeper understanding of the Viking world that breaks out from the usual tales of conquest and plunder, but still enjoy a generous sprinkling of the fantastic, then this is a book well worth checking out. ***JG***

★★★★☆

HISTORY VS HOLLYWOOD

Fact versus fiction on the silver screen

ALL THE PRESIDENT'S MEN

Director: Alan J Pakula **Starring:** Robert Redford, Dustin Hoffman, Jason Robards, Hal Holbrook **Country:** USA **Released:** 1976

This thriller brings the breaking of the Watergate scandal to the big screen, but does it get the facts right?

A–

VERDICT A cinematic classic that manages to be entertaining and accurate in equal measure

01 Robert Redford and Dustin Hoffman play Bob Woodward and Carl Bernstein, the reporters who broke the Watergate story. But some peoples' roles are cut down or missing. Howard Simons, played by Martin Balsam, felt his part in the story was diminished.

02 Most of the film takes place in the newsroom of *The Washington Post*. Denied access to shoot at the real offices, designers took accurate measurements, ordered identical desks, and even had a brick from the *Post* supplied so they could make fibreglass replicas.

03 In the 2013 documentary *All The President's Men Revisited*, Redford says they struggled with how to portray Nixon. As such, news footage of him is used. But the film only covers the first seven months of the investigation, avoiding involving Nixon to any great degree.

04 Hal Holbrook plays the informant Deep Throat. W Mark Felt, then associate director of the FBI, later revealed he was Deep Throat, but at the time of filming this was not known, so the character is portrayed in a shadowy, semi-mythical fashion.

05 Jason Robards won an Oscar for his portrayal of executive editor Ben Bradlee. One scene shows him encouraging the reporters to continue with the story despite the danger, but Woodward claimed Bradlee's response in real life was "What the hell do we do now?"

Main image: © Getty Images
5x inset image source: Warner Bros

JUMBLES

© Alamy

Did you know?

Dawson's original 1585 recipe made enough dough for 100 jumbles!

Ingredients

- 200g plain flour
- 2 eggs
- 70g granulated sugar
- 1 tbsp ground aniseed
- 1 tsp rosewater
- 150g milk or dark chocolate, finely chopped (optional)

A TRADITIONAL TUDOR BISCUIT, ENGLAND, 16TH CENTURY

Jumbles, a knot-shaped biscuit, were popular with the Tudors because they could keep for a long time. Typically flavoured with spices such as aniseed or caraway (although some modern recipes use mace or even almond), the first known recipe for jumbles appeared in the cookery book *The Good Huswifes Jewell* by Thomas Dawson, which was published in 1585. However, it's said that jumbles actually date back to the Battle of Bosworth, 1485, thanks to an apocryphal tale. King Richard III apparently loved jumbles and his chef brought them to the battlefield, where a recipe for them was found in the aftermath. The biscuits subsequently became known as 'Bosworth Jumbles' – there were even claims that the recipe was taken from the dead king's hands!

METHOD

01 Combine the sugar and eggs together in a mixing bowl and then sieve in the flour and ground aniseed. Bring the mixture together until it forms a stiff dough.

02 Line a baking tray with parchment paper. Divide the dough into four equal balls, place them on the baking tray and cover with cling film. Leave the dough balls to chill in the fridge for 30 minutes.

03 After 30 minutes, remove the dough balls from the fridge and preheat your oven to 180°C. Knead the dough balls on a lightly floured surface and using your fingertips, roll each one into a rope around 25cm long.

04 Bring a large pot of water to the boil and then bring it down to a simmer – this will be used to poach the jumbles in a minute. Line a baking tray with some kitchen towel or a tea towel and keep this on the side, next to the pot.

05 Now it's time to shape the ropes of dough into knots. You can either make Celtic knots, double knots, an 'S' shape or even a pretzel knot, the choice is yours. Dab the rosewater on the ends to secure the knot.

06 Gently lower the knots into the pot of boiling water and poach them for 10 minutes. If they sink and stick to the bottom, use a utensil to carefully release the knots so that they float.

07 Remove the knots from the water and place on the lined baking tray to dry for five minutes. Prepare another baking tray with parchment paper, place the knots on it and put them in the oven for 20 to 25 minutes, or until they're lightly golden, turning them halfway through.

08 Remove the knots from the oven and leave them to cool on a wire rack. For a modern twist on this Tudor treat, melt the finely chopped chocolate and dip the ends of the cooled jumbles in it, and then place them in the fridge so that the chocolate will harden.

NEXT MONTH THE SECRETS OF THE SAMURAI ON SALE 18 JUNE